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# RUNNER'S

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APRIL 2015

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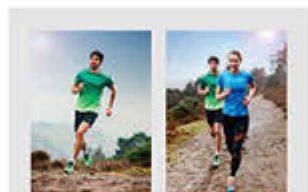
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Newsstand cover Subscriber cover

**Cover photography** Adrian Myers

**Hair & Makeup** Kat Kendall

**Models wear** ASICS Gel Nimbus 17

& ASICS spring/summer 2015 apparel

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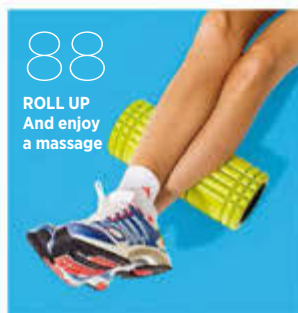
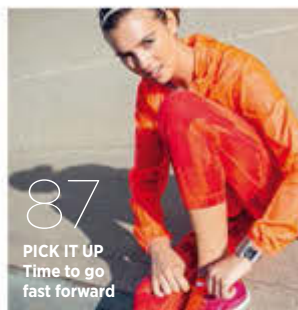
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## RAVE RUN

📍 Liverpool Street station, London

📷 Ian Alderman 🏃 Adam Smith

The City of London has long been the centre of the UK's financial services industry. 'The striking modern architecture of the banking district is a stark contrast to the nature and space I experience when running in the countryside,' says Adam.









## THE RW TEAM

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I'm training for pacing duties at the Virgin Money London Marathon. I'll be carrying a 4:15 flag, one of 44 pacers covering finish times in 15-minute increments from 2:59 to 5:14. See [runnersworld.co.uk/pacing](http://runnersworld.co.uk/pacing).



To shoot this month's cover, I joined photographer Adrian Myers at The Devil's Punch Bowl in the Surrey Hills. The scenery reminded me what a beautiful place the UK is to run in. And the weather kept me on my toes.

## CONTRIBUTORS



### Richard Askwith

The author of running book *Feet in the Clouds* talks to RW about life after data, and the motivational kick and pure joy of natural running, alongside an extract from his excellent new book, *Running Free*. **p68**



### Jo Pavey

The European 10,000m champion and all-round running legend needs little introduction. She finds time in her hectic schedule of training and motherhood to answer your running questions in Elite Advice. **p93**

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Jo Pavey

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## FROM THE EDITOR



**After a quick count, I** worked out that I eat 26 of the *50 Best Foods for Runners* (page 46) on a – more or less – regular basis. I'm happy with that – above halfway but with plenty of room for

discovery and improvement. (Although, given that three of the 50 are coffee, beer and dark chocolate, you could argue that I had a head start.) The list, which forms part of our Nutrition Special issue, strikes a nice balance between the everyday and the exotic – I look forward to sprinkling Himalayan Pink Salt (no. 18) and its 84 minerals on my chips (sadly, not included) in the not-too-distant future.

On page 53 we present nine recipes from professional chefs who also run. Each recipe has been designed to help you fuel up and recover faster – but as well as being performance nutrition, they're tasty, gourmet-quality dishes in their own right. Check them out and feel your mouth start to water.

We also examine research that shows saturated fat might not be so bad after all. Is putting butter in your coffee as a pre-run sharpener beneficial or just plain insane? You decide (page 60).

Elsewhere (page 68) there's a wonderful evocation of the joys of running in nature, without giving thought to pace, mileage or data, from Richard Askwith, author of the seminal fell-running book *Feet in the Clouds*.

You'll also find our spring/summer Shoe Guide on page 99: that's 33 of the latest models tried and well tested.

**Andy Dixon, Editor, @RW\_ed\_Andy**

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# Warm ups

NEWS YOU NEED TO GET UP TO SPEED

## LIGHT ON YOUR FEET

**The perfect running shoe may not exist, but** a new study examining the effect of footwear on running economy (your miles per gallon, as it were) suggests lighter is better. The report, published in the journal *Sports Medicine*, noted a significant relationship between a shoe's weight and the energy cost of running in it. And, interestingly, whether a shoe was cushioned or minimalist was found to be less of a factor than weight. The researchers say that a pair of shoes weighing less than 440g will have no negative effect on your running. So lighten up...

Words **Sam Murphy** Photography **Andy Parsons** for **Hearst Studios** Image manipulation **Colin Beagley**



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# PACK A PUNCH

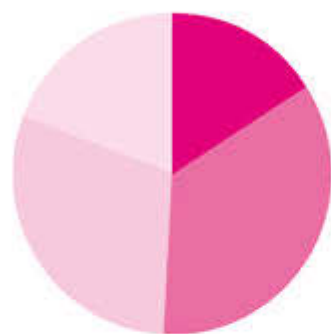
**If you want to race your best, run in a group because it could bring you a PB. An analysis of the split times of more than 800 elite runners at six half marathons showed those who ran in packs for most of the race slowed down the least. Runners who stuck with the same pack fared best, with 'nomadic' pack runners – who swapped between groups – hot on their heels. The study was published in the *Journal of Sports Sciences*.**



**DOG TIRED?**  
Not with this kind  
of pack mentality

## Poll position

**Would you consider doing an ultra race?**



### KEY

● No way! –  
19 per cent

● Not at the  
moment, but  
I wouldn't  
rule it out –  
30 per cent

● Already have –  
16 per cent

● Yes, it's on  
my to-do list –  
35 per cent

*Based on an online RW  
poll of 1,023 runners.*

## Quick-fire question

**How do I train for a two-day event?**

'Don't be tempted to significantly increase your weekly mileage beyond typical marathon training levels, or do frequent back-to-back long runs. This can result in overtiredness,

which may lead to anxiety about the race. Back-to-back runs are only required once a month – such as 16-20 miles on consecutive days, eight and four weeks before race day. You need a

good understanding of what the event will entail – duration, terrain, company etc – and a realistic goal. This helps you be prepared.'  
*Ultra runner and coach  
Stuart Mills*



## Gene therapy

**Run long to feel strong**

Exercise will spruce up your genes, says new research. Subjects pedalled an exercise bike four times a week for 45 mins, using just one leg, while their non-exercising leg rested. After three months, researchers saw changes in more than 5,000 sites on the genome of muscle cells in the cycling leg – but none in the 'control' leg. The affected genes play a role in energy metabolism, inflammation and insulin response, which may explain why exercise reduces the risk of heart disease, diabetes and obesity. Study leader Malene Lindholm, from Stockholm's Karolinska Institute, said endurance training caused genetic changes that led to healthier muscles.

# 5

**THE NUMBER OF RUNNING  
SESSIONS IT TAKES TO YIELD AN  
IMPROVEMENT IN PERFORMANCE  
(IN A 3KM TIME TRIAL)<sup>1</sup>**





# BENEFIT IN VERY KIND



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The official fuel consumption figures in mpg (l/100km) for the Mazda Range: Urban 25.4 (11.1) - 74.3 (3.8), Extra Urban 45.6 (6.2) - 88.3 (3.2), Combined 35.3 (8.0) - 83.1 (3.4). CO<sub>2</sub> emissions (g/km) 188 - 89.

The mpg figures quoted are sourced from official EU-regulated test results obtained through laboratory testing. These are provided for comparability purposes only and may not reflect your actual driving results. Models shown: Mazda3 150ps Sport Nav Diesel. OTR £22,545.00. Model shown features optional Pearlescent paint (£540). Mazda6 Saloon 150ps Sport Nav Diesel. OTR £26,395. Model shown features optional Soul Red Metallic paint (£660). Mazda CX-5 150ps 2WD Sport Nav Diesel. OTR £26,695.00. Model shown features optional Pearlescent paint (£540). \*Mpg and CO<sub>2</sub> figures apply to the Mazda3 Fastback 150ps Diesel Manual. On-the-road prices include 20% VAT, number plates and 3 years' European Roadside Assistance. \*The BIK value is at 20% rate based on an Mazda3 100ps SE with non-Metallic paint and is valid from 1 April 2014.





### Almond milk

**Best** Low-calorie option (if you choose unsweetened varieties)

**Use it** In hot drinks – it has a subtle, nutty flavour

At 30 calories for a 200ml glass, it's the option with fewest calories, by a long way,' says dietitian Kimberly Mueller. One serving packs half your daily vitamin E needs.

**Per 200ml** 30kals, 1g carbs, 0.6g fibre, 1g protein, 2.4g fat



### Hemp milk

**Best** Source of omega-3s

**Use it** In smoothies, which helps soften its earthy taste

The seeds produce a creamy milk 'containing omega-3 and omega-6 fatty acids in an ideal ratio for optimal heart health', says Mueller. One 250ml glass provides half the recommended daily allowance of omega-3.

**Per 200ml** 80kals, 6.8g carbs, 0.1g fibre, 0.1g protein, 5g fat



### Oat milk

**Best** Pre-run fuel

**Use it** For drinking straight

Naturally creamy and sweet, oat milk is packed with carbs, so it's a good source of fuel, says Heather Mangieri, a specialist in sports dietetics. Oats provide beta glucan, a soluble fibre that research suggests may strengthen the immune system.

**Per 200ml** 130kals, 24g carbs, 0g fibre, 1g protein, 3g fat



### Rice milk

**Best** For sensitive stomachs

**Use it** On cereal. It's a bit watery, so best with flavoursome foods

Rice milk is hypoallergenic, so it's a good way for runners with allergies or GI issues to get some carbs in their milk. Dairy-sensitive runners should choose fortified versions to get sufficient calcium and vitamin D, says Mangieri.

**Per 200ml** 94kals, 18g carbs, 0.2g fibre, 0.2g protein, 2g fat



### Soya milk

**Best** All-round dairy alternative

**Use it** Versatile and mild enough for most uses, including baking

Soya is one of the few plant-derived milks that offers a comparable amount of protein to cow's milk. It's also a good source of electrolytes, including phosphorus, which helps ease post-workout muscle aches.

**Per 200ml** 80kals, 5.6g carbs, 1g fibre, 6g protein, 3.6g fat.



### In addition...

**Carrageenan** (also known as E407) is a thickening and stabilising agent – derived from red seaweed – used in some non-dairy milks. Animal studies have shown it can trigger inflammation in the gastrointestinal tract, but there's no evidence relating to humans. The US Food and Drug Administration has declared it safe and the UK Food Standards Agency is carrying out research. If you're worried about possible ill effects, find a brand without it or consume in moderation.

**STRAW POLE**  
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IS 300h Executive Edition fuel consumption and CO<sub>2</sub> figures: urban 61.4 mpg (4.6 l/100km), extra-urban 61.4 mpg (4.6 l/100km), combined 64.2 mpg (4.4 l/100km), 103g/km CO<sub>2</sub> (13% BIK)



**Head to head**

Chicken breast or fresh tuna:  
which packs the biggest  
nutritional punch?

**Chicken**

VS

**Tuna**

|      |                     |     |
|------|---------------------|-----|
| 108  | KCAL PER 100g       | 106 |
| 24   | PROTEIN (g)         | 22  |
| 0.23 | SATURATED FAT (g)   | 0.7 |
| 0.28 | POLYUNSATURATES (g) | 0.3 |
| 0.15 | MONOUNSATURATES (g) | 1   |
| 0    | CARBS (g)           | 0   |
| 38   | SODIUM (mg)         | 77  |
| 243  | POTASSIUM (mg)      | 444 |

**PROS**

**Tuna** A 100g serving provides your daily requirement of selenium, an antioxidant. Contains three times as much iron as the chicken.

**Chicken** High in B vitamins, especially niacin, which helps convert carbs into energy. It's also a great source of choline, a mineral that helps keep your nervous system functioning.

**CONS**

**Tuna** The Food Standards Agency recommends that pregnant women limit their intake to two tuna steaks or four medium-sized cans per week, owing to concerns about its mercury content.

**Chicken** Low in iron. Recent controversy about high levels of the bacteria campylobacter in UK shop-bought chickens.

**VERDICT**

'While they're well matched in protein, fat and calorie count, fresh tuna may have the edge in terms of micronutrient content,' says sports dietitian Dr Karen Reid (performancefood.co.uk). 'But, ideally, vary your protein sources so you get the nutrient benefits of each type.'

# BEET IT

You've probably heard the nitrates in beetroot can aid endurance. Now a study suggests it could be most beneficial for new runners. The research, from the University of Milan, found taking nitrate supplements for six days had a bigger impact on the performance of runners at the lower end of the fitness spectrum. The less fit the subject, the greater the improvement in a 3km time trial.



**TAKE ROOT**  
You'll feel better  
and run further

# 1.9

PERCENTAGE  
IMPROVEMENT IN A FOUR-  
MILE TIME-TRIAL WHEN  
RUNNERS CONSUMED A  
1:1 GLUCOSE-FRUCTOSE  
SPORTS DRINK COMPARED  
WITH A GLUCOSE-ONLY  
ONE DURING A TWO-HOUR  
RUN BEFORE THE TRIAL.

Scandinavian Journal of Medicine  
& Science in Sports

**Period drama**

Women should carb up

A study has found women's exercise capacity is not greatly affected by hormonal changes that take place during the menstrual cycle. However, the rise in oestrogen and progesterone in the second half of the cycle was associated with a reduction in white blood cells – these play an important role in the immune system. Japanese researchers found taking carbs on board helped to mitigate this and recommend that women carb up when exercising during the second half of their cycle.



# RUN IN REVELRY

LONDON GHOST 7



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 **BROOKS**



Run maths

## Get fit one step at a time



10,950 ADDITIONAL  
CALORIES BURNED BY  
THIS TIME NEXT YEAR\*  
(MORE THAN THREE  
POUNDS OF FAT).

# CALL TIME ON CALORIES

If you want to lighten your load, pay as much attention to the clock as you do to your calories. A study from the Salk Institute in California, US, suggests restricting food intake to a 12-hour window, (such as 8am to 8pm) has a big impact on whether you store or burn energy. The researchers found that mice given access to food for 12 hours a day became slimmer over 38 weeks than mice with unrestricted access, although both groups consumed the same number of calories. By the end of the study, the 12-hour eaters were 25 per cent lighter than the mice who lined up at the endless buffet.



EAT THE CLOCK  
But keep an eye  
on the time

## Jargon buster EPOC

Excess post-exercise oxygen consumption, or EPOC, is your increased oxygen intake after a workout and the calories burned as your body returns to a resting state. High-intensity interval training (HIIT) is the most effective way to stimulate the EPOC effect.



## Size really does matter

Good things come in smaller portions

Downsizing to single-serve snack packs could help your weight-loss efforts. In a recent study, dieters were given the same quantity of pretzels, either in the form of multiple pocket-sized packets or as one large family pack. Over four days, the participants were told they could eat as many of the pretzels as they liked. The researchers, from the University of Tennessee, US, found people ate fewer pretzels when they came in mini packets than when they ate from one big bag, which suggests that opting for smaller packs may be a good way to aid portion control and help you lose the pounds.





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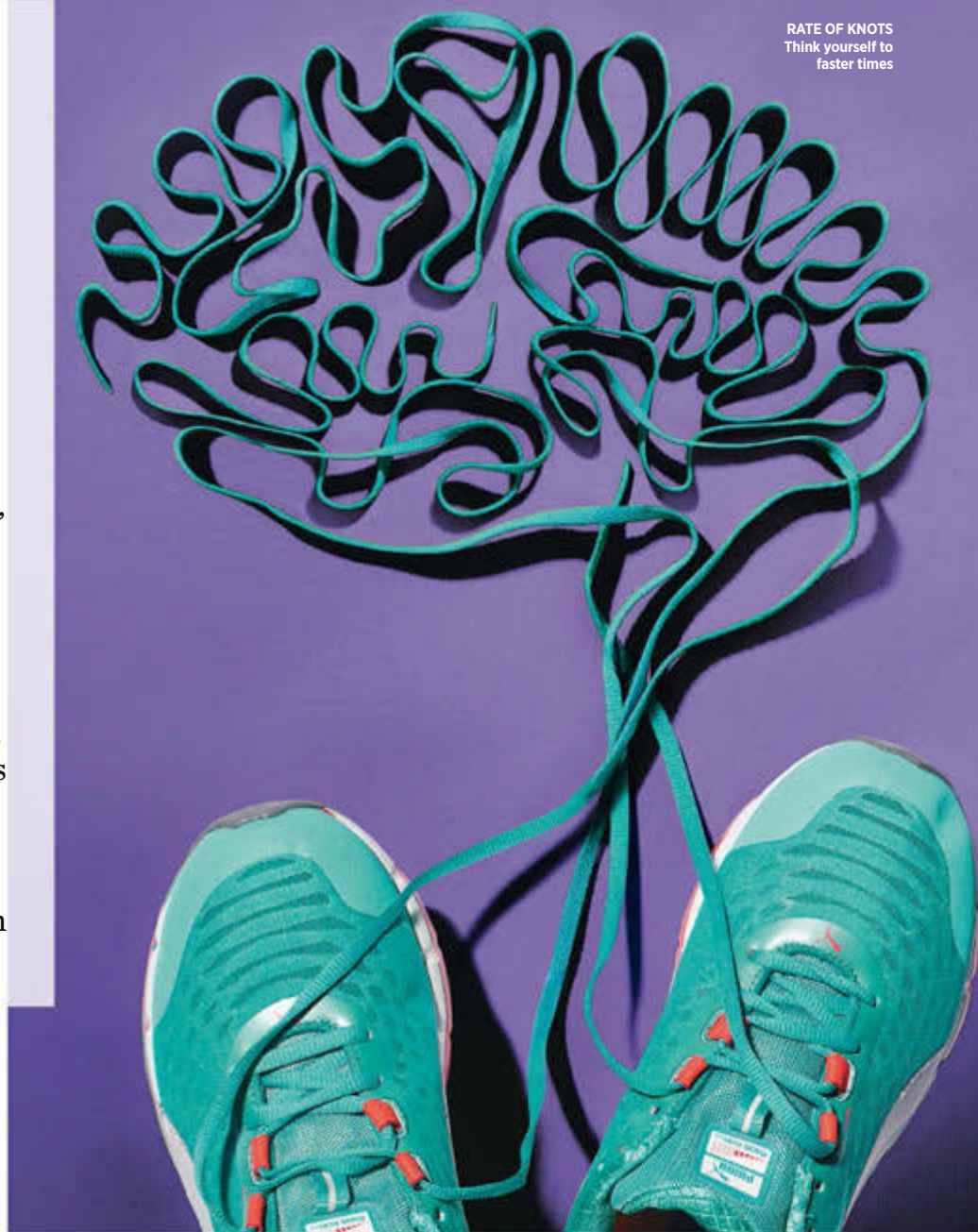
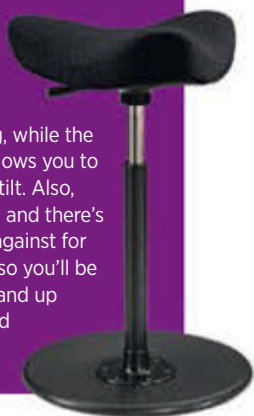
# MIND GAINS

**If you believe something** will make you run faster, it probably will. In a study at the University of Glasgow 15 runners tested a 'drug' they were told had the same effects on endurance as the banned substance EPO. First, their times for a 3km race were recorded. They then injected the drug for a week before repeating the race. Their new average finish time was 9.7 seconds quicker, and the runners reported less exertion and better recovery. But the 'drug' was saline, which offers no physiological benefits. It seems an injection of self-belief works wonders.

## Try this Move chair

£317, [varierfurniture.com](http://varierfurniture.com)

Even if you're a regular runner a sedentary working day is bad for your health. One way of making your day job more active is to sit on a Move chair. The backless saddle seat encourages an upright posture and keeps your back and abdominal muscles working, while the rounded base allows you to lean, rotate and tilt. Also, you don't slouch and there's no back to rest against for hours at a time, so you'll be more likely to stand up and move around during the day.



**RATE OF KNOTS**  
Think yourself to  
faster times

# 20

**THE PERCENTAGE THAT MENTAL FACTORS SUCH AS MOTIVATION AND SELF-BELIEF CONTRIBUTE TO SPORTING SUCCESS.<sup>1</sup>**

## Bitter pills Stop taking the tablets

Antioxidant-rich foods are good for you – but antioxidant supplements may actually limit your fitness gains. Research published in *The Journal of Physiology* found that when runners did hard interval training (3–4 times a week for 11 weeks), those taking supplements showed less improvement in fitness than a control group. Supplements appeared to limit the production of mitochondria (cell 'powerhouses') and prevented muscles from producing their own antioxidants. The supplements contained 1,000mg of vitamin C and 235mg of vitamin E. Lower doses may not have the same negative effect but it's still another reason to upgrade your eating habits, rather than relying on pills.



# THE IRON YOU NEED TO STAY IN THE LEAD

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- Taking one sachet a day of Spatone® natural liquid iron has been scientifically proven to help top up your iron levels.<sup>1</sup>
- Also comes in a delicious apple flavour with vitamin C.



Food Supplement

## Feel the difference

Iron contributes to the reduction of tiredness and fatigue.

Food Supplements should not be used as a substitute for a balanced diet and healthy lifestyle.

<sup>1</sup> McKenna, D.etal (2003).Clin Lab Haem, 18, 23-27



# HOLD STILL

**Think about exercise and** you'll probably picture movement. But in an isometric exercise, nothing moves. 'Isometrics involves the static contraction of a muscle,' says sports physio Adam Meakins (spireperform.com). 'The muscle exerts a force, but doesn't shorten or lengthen.' Push against an immovable object, such as a wall, and you'll get the idea.

Isometric exercises are gaining favour in injury rehab because they can help to maintain or develop strength and alleviate pain. The biggest area of interest is in treating tendons (see right). 'Isometrics can help with reactive, painful tendons,' says Meakins. 'It seems that going for as long and as hard a contraction as you can tolerate has the greatest effect.'

TAKE A STAND  
And feel the  
resistance



BUILD UP TO 45-60 SECS FOR EACH MOVE. REPEAT 3-4 TIMES. WHEN YOU CAN, ADD WEIGHT TO INCREASE INTENSITY.

## HAMSTRING TENDON

Lie down, feet on a step. Lifting your hips, extend your 'good' leg, pelvis level. Bend the knee of your 'bad' leg if the pain is near the glute. Otherwise, keep it straighter to load the hamstrings towards the knee.



## ACHILLES TENDON

Stand with the heel of your 'bad' leg over the edge of a step, but don't let it drop below the level of the step. Do this with your knee straight and then with it bent.



## PATELLA TENDON

Stand tall facing down on a sloping surface and bend the knee of your 'bad' leg into a quarter-squat.



# lin 10

**THE NUMBER OF RUNNERS WHO SUSTAINED AN INJURY IN A SIX-WEEK BEGINNERS' PROGRAMME<sup>1</sup>**

*RW says: Older beginners and those with a higher body mass index were most likely to get injured, so take care in the early weeks.*



MADE  
LIGHT  
TO GO  
LONG







## NIKE FLYKNIT LUNAR 3

When it comes to getting the miles in, simply being lightweight won't cut it. So the Nike Flyknit Lunar 3 pairs plush Lunarlon cushioning with an impossibly light, incredibly strong Flyknit upper that is breathable, flexible and supportive all at once. Creating a ride that'll keep you light and keep you going.



GEAR UP AT [NIKE.COM/RUNNING](https://www.nike.com/running)



MCS technology coupled with powerful PWX fabric in the rear panels delivers support to key running muscles, such as the glutes

PWX FLEX fabric beats the bulk of regular compression gear to deliver optimal flexibility and movement

# THE LONG AND SHORT OF IT

Think you've got compression covered? Think again. This spring, compression kit steps up a gear in the form of MCS from 2XU

Imagine compression gear that could dial up the power, speed up recovery and deliver support where you need it – and still be flexible enough to allow you to move. Meet MCS – Muscle Containment Stamping – the world's most advanced compression

sportswear, from 2XU. Available in a range of compression garments, including tights, shorts, tops and calf guards, MCS not only protects against muscle trauma and damage during a run, but also boosts your recovery to help you unleash your full potential.

## MCS Q&A

**Q** How does MCS work?

**A** Muscle Containment Stamping technology is a unique fabric support system that traces over key muscle, tendon and fascia groups. Worn during and after running, it reduces muscle oscillation and damage caused on a run, then speeds up recovery after running, through graduated compression engineering.

**Q** What makes MCS different from other compression gear?

**A** MCS is unique in the technology used to target the muscles. Regular compression kit is often heavy and rigid to wear, but MCS minimises bulk to give compression that delivers all-in-one flexibility, power and support.

**Q** Is MCS for all runners?

**A** MCS is for anyone who runs regularly. Delivering support for both sudden, dramatic movements as well as repetitive motion over an extended period, it's ideal for speedwork sessions, longer runs and trail running.



FIND OUT MORE ABOUT MCS TECHNOLOGY AND BUY THE KEY PIECES OF KIT FOR MEN AND WOMEN AT [2XU.COM](http://2XU.COM)

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# HUMAN RACE

REAL RUNNERS. INSPIRATIONAL STORIES



## ‘My fitness got me through’

Grant MacDonald suffered a brain haemorrhage in the middle of a training session, but says if he had not been a runner he'd never have recovered





**G**rant MacDonald describes the Glenmore 24 as the hardest thing he's ever done. That's unsurprising when you consider that the Scottish trail race involves running a four-mile loop as many times as possible in 24 hours. Grant's assertion is even less surprising when you learn that he covered 124 miles, finishing in second place. But when you hear that just seven months earlier the biomedical scientist had suffered a brain haemorrhage while he was out running, the fact that he turned up to the event at all becomes, in itself, an astonishing achievement.

'Taking part had become a big deal for me,' says Grant, 35, from Glasgow. 'I felt that it would signify I had made a full recovery. My body felt so weak, but I ran the whole thing with a smile on my face.'

Grant took up running six years ago. He joined Glasgow's Bellahouston Road Runners on a whim: 'It was near my flat. I was sucked into it all pretty quickly, doing everything from 5Ks to hill races, cross-country events and marathons.' After blowing up at 20 miles in two marathons, he decided to work on his endurance by signing up for an ultra. It quickly became obvious he'd found his niche. In July 2012 he came second at the Lakeland 50 and two months later he won the Glenmore 24.

By late 2013 (after a spell of injury) Grant was training for the challenge of his life – the gruelling Spine Challenger, a 108-mile trail race on the Pennine Way that involves almost 5,000m of ascent, takes place in January and has a 60-hour time limit. 'It's such a tough race – really technical terrain, difficult navigation and horrible weather,' he says. 'I was chuffed to finish second to Marcus Scotney, who holds the course record.'

**D**espite losing six toenails, Grant says he felt in surprisingly good shape in the days following the race. There was no inkling of what was to come. 'One Monday evening, about a month after the Spine race, I jogged down to Bellahouston Park for an intervals session with my club mates,' he recalls. 'Right from the first rep, I didn't feel right. Nothing major, just not quite right. I knew I wouldn't get much out of the session feeling like that, so decided to jog home instead.'

Out of nowhere, a fierce headache stopped Grant in his tracks. 'It was as if someone was reaching inside my head and squeezing my brain,' he says. A passer-by came to Grant's aid as he held on to the post of a speed camera to stay upright. He was helped to a community hall, from where an ambulance was called. 'An Alcoholics Anonymous meeting was taking place, and since I



**RECOVERY POSITION**  
Grant was determined to return to fitness



**STORM TROOPER**  
Grant tackles the Spine Challenger

## 'The experience has made me realise how important running is in my life'

was confused, slurring, staggering and vomiting, they probably thought I was in the right place,' he jokes.

At Glasgow's Victoria Infirmary a CT scan indicated that Grant had experienced a subarachnoid brain haemorrhage, when the walls of an artery in the brain rupture. The survival statistics are bleak. Ten per cent of sufferers die before they reach hospital, while up to 60 per cent die in the first month. Many survivors are left disabled.

Two urgent surgeries were performed. First, an extra ventricular drain was inserted into his brain to relieve the intracranial pressure caused by a build-up of fluid. Then Grant underwent a procedure called endovascular coiling, in which a catheter is passed via the groin all the way up to the haemorrhage site, where platinum coils are placed to create clotting, thus preventing any more blood entering the affected artery.

He spent three weeks recovering in hospital, but his convalescence continued at home: 'My routine would be get up and wash – then nap; have

breakfast, then nap. I had severe headaches and felt extremely fatigued all the time. I started forcing myself to go for walks to try to break out of this and although it was exhausting, I felt a hundred times better for it.'

Given that Grant did not fit the usual profile for a subarachnoid haemorrhage (the condition typically affects older people – smokers, drinkers and those with high blood pressure), the doctors were reluctant to offer advice on when he could get back to running. 'All they would say was that gentle exercise should be fine, which wasn't really what I wanted to hear!'

**T**hirty-nine days after the haemorrhage, Grant tried his first run. 'I headed out for a steady trot around the block, nervously clutching my mobile phone, should anything go wrong. My heart rate was sky high, my legs heavy and I was rattling with painkillers – but it felt amazing,' he recalls. Once that milestone was out of the way, Grant was able to slowly begin to build up his running again.

'I was very feeble to begin with but it's amazing how quickly fitness comes back. I actually enjoyed that period – it was like being a beginner again, when you get PBs every week.'

Grant is convinced he has ultra running to thank for his remarkable recovery. 'If I'd gone through this a few years ago, before I was so fit, I may not have fared so well, or I may have ended up as one of those statistics,' he says.

But he doesn't just attribute his recovery to fitness. 'The support I have had from family, friends and clubmates has made a huge difference,' he adds. 'Bellahouston Road Runners have been incredible – like a second family. As well as visiting me in hospital, they helped in practical ways, too. One member loaned my partner, Elsie [a fellow runner], a car for a month so she could visit me in hospital. Then a load of guys rallied to help Elsie clean out our old flat and move all our stuff into our new place, which we only got the keys for the day before I was discharged. Once I was back running, they were always there with advice and company. So as well as becoming evangelical about the benefits of physical fitness, I've also become evangelical about encouraging people to join a running club.'

There have been no scares since that fateful February evening last year, but Grant says he still thinks about it on every run. 'The whole experience has made me realise how important running is in my life,' he says. 'Not just the health benefits and the enjoyment of competing, but also the friendships and support networks it creates.'



# S\*\*\*S

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SUITED AND BOOTED  
Iain is on the march

## WHAT IT TAKES TO...

# Dispose of a world record

**Iain Church** is no stranger to marathon running, but when he lines up for the Virgin Money London Marathon on April 26, a PB will be out of the question. In fact, he's expecting to run almost twice as slow as he usually does. A lack of training is not the issue – in fact, Iain, a 41-year-old major with the Royal Engineers, has trained harder for this race than he has for any other. The explosive ordnance disposal expert, who has served in Northern Ireland, Kosovo, Bosnia, Iraq and Afghanistan, will not only be running in a 66lb bomb disposal suit, he'll also be attempting to break his own world record (6:55:59) for doing so.

The suit's weight and volume will make the race hugely taxing, but keeping his body temperature in check will be even more of a challenge during the race. Iain will swallow a grape-sized thermometer that will be monitored

remotely. 'A prolonged body temperature above 39.5C puts me at risk of permanent internal injury,' he says. 'During my 2012 record attempt at the US Marine Corps Marathon, I twice hit 40C, which led to emergency cooling procedures.'

Iain's preparation resembles a typical marathon training programme, but he's been doing some sessions in the suit (with and without the 10lb helmet) and others in normal running gear. 'I've also been training in the gym, where I've focused on strengthening my neck and shoulders.'

Fortunately, Iain won't be going it alone on race day. 'My support trio – all of whom are on the wrong side of 40 – will run with me, supplying food, water and encouragement, as well as monitoring my temperature,' he says. 'We've been training together every fortnight at Hawley Lake in Hampshire, trying out different fuelling options and practising our pit stops. We tend to get a lot of surprised looks from dog walkers as we complete laps of the lake.'

As well as setting a new world record, Iain and team aim to raise £50,000 for the Royal British Legion. 'London is my 'home' marathon and I've wanted to run it for years,' he says. 'To be taking it on in such a unique way makes it extra special.'

● [uk.virginmoneygiving.com/BombSuitChallenge](http://uk.virginmoneygiving.com/BombSuitChallenge)

# Run yourself happy

In 2014 **Lara Ferguson** attempted to take her own life. 'It seemed like the only way,' says the 17-year-old from Sheffield. 'I hated the world, I hated society, but worst of all, I hated myself.'

Lara had been battling severe depression for some time and had stopped eating. She was sectioned under the Mental Health Act and admitted to the Becton Centre, a specialist facility for young people suffering mental health problems. 'I was fed with a nasogastric tube. At the time, in the grip of my illness, I despised the nurses and support workers. But I owe my life to them,' she says.

After she left the centre in October, Lara wanted to show her appreciation for the support she'd received, so she decided to raise money for the Sheffield



Children's Hospital Charity. Having always loved sport – she'd played hockey and cricket at county level before her illness – she signed up for the Yorkshire Half Marathon, as did her dad, James. 'I knew it'd be a challenge, but it was something I could focus my energy on in a positive way,' she explains. 'It was

also a way of rebuilding my positive relationship with sport and running.'

Lara believes running has played a massive role in her recovery. It has helped her take control of her mental health and become an important coping strategy. 'When I run I feel free – all my worries are gone,' she says. 'It gives me a reason to get up every morning. I feel like a different person.'

Lara also hopes to raise awareness of mental health issues in young women by speaking out about her experiences. 'I suffered in silence for too long,' she says. 'These problems need to be talked about. I want others to know that help is available and things do get better.'

● [justgiving.com/Lara-Fergie](http://justgiving.com/Lara-Fergie)

## The rules of running

### No 29: Double-knot before the gun



Of all the forehead-slappingly preventable mishaps encountered during a race, the untied shoelace has to be at the top of the list. This one has bedevilled elites as well as amateurs, and there is absolutely no excuse for it. Do yourself a favour and take a few extra seconds to double-knot your laces after your warm-up.

● Extract from *The Runner's Rule Book* by Mark Remy (£11.99, Rodale Press)



## INBOX

**Drama king**

Since taking up running in 2013, it has been fantastic to lose five stone and run 25 races. But the biggest improvement I have witnessed is in the children I teach, which I feel is partly down to the calmness and motivation I've found through running. Running and drama teaching have many of the same components – inspiration, goal-setting and asking that bit more of yourself. My new running mindset has coincided with 85 per cent of my GCSE class getting an A\* or A in their exams. Now that's what I call a good result.

*Alex Whearity, Reading, Berkshire*

**Feel the slow burn**

I wish to extol your Training Pace Calculator, which I came across on your website. I entered a recent 10K race time and it calculated paces for a range of different training sessions. I was stunned to see

## LETTER OF THE MONTH

**Age-old wisdom**

With only modest success in competitive running over many years, I have recently discovered the secret of picking up trophies and accolades – grow older. Having turned 70 and continued running, I find it relatively easy to win my age category. Successes this year include winning the West Glamorgan Cross Country League and the inaugural Severn Bridge Half Marathon. But to maintain that self-satisfied feeling, never count the number of competitors in your category!

*John Jenkins, Rhossili, Swansea*

**The month in mail**

4

people responded to John Kilcourse's letter (RW, Feb) about city runners not greeting each other

3

letters praised the feature on flow (RW, Mar)

11%

of readers said despite the advancing years, they feel younger than they did before they began running



'An enlightening read. After a hamstring injury, the need to get back in the zone resonated.' *James Elliott, Stafford*

I've been running for three months. The health and fitness benefits are fantastic, but I don't enjoy it. All I think about is getting to the end. Where I am going wrong?

*Ian White, Bradford, West Yorks*

**RW says** Do you sometimes feel this way? Let us know

how slow I should be running to achieve an 'easy' pace, but I decided to give it a try. I found it hard to run that slow on my first two attempts but I persevered, and something unexpected happened. When it came to my tempo session I felt unusually full of energy and bounce. Thanks for helping me run slower. Now I can get the full benefits from my harder sessions and will eventually run faster as a result.

*Chris Sedgwick Lichfield, Staffs*

**Take the lead**

As a Parkrunner I often see young kids running with a parent, sometimes close to the limit of the child's ability. That's fine, but the child should not be expected to run with an arm in the air to hold the parent's hand. It looks, and must feel, awkward and uncomfortable. Staying with the child and encouraging them to enjoy the shared freedom of running would surely be more rewarding for both.

*John Turner, Ely, Cambs*

**One woman and her dog**

My first ever Canicross event with my dog, Woody – a 5K in Hylands Park, Chelmsford. It was freezing but it was really worth it. We've bonded so much and made loads of new doggy running friends.

*Pippa Reeve, Essex*



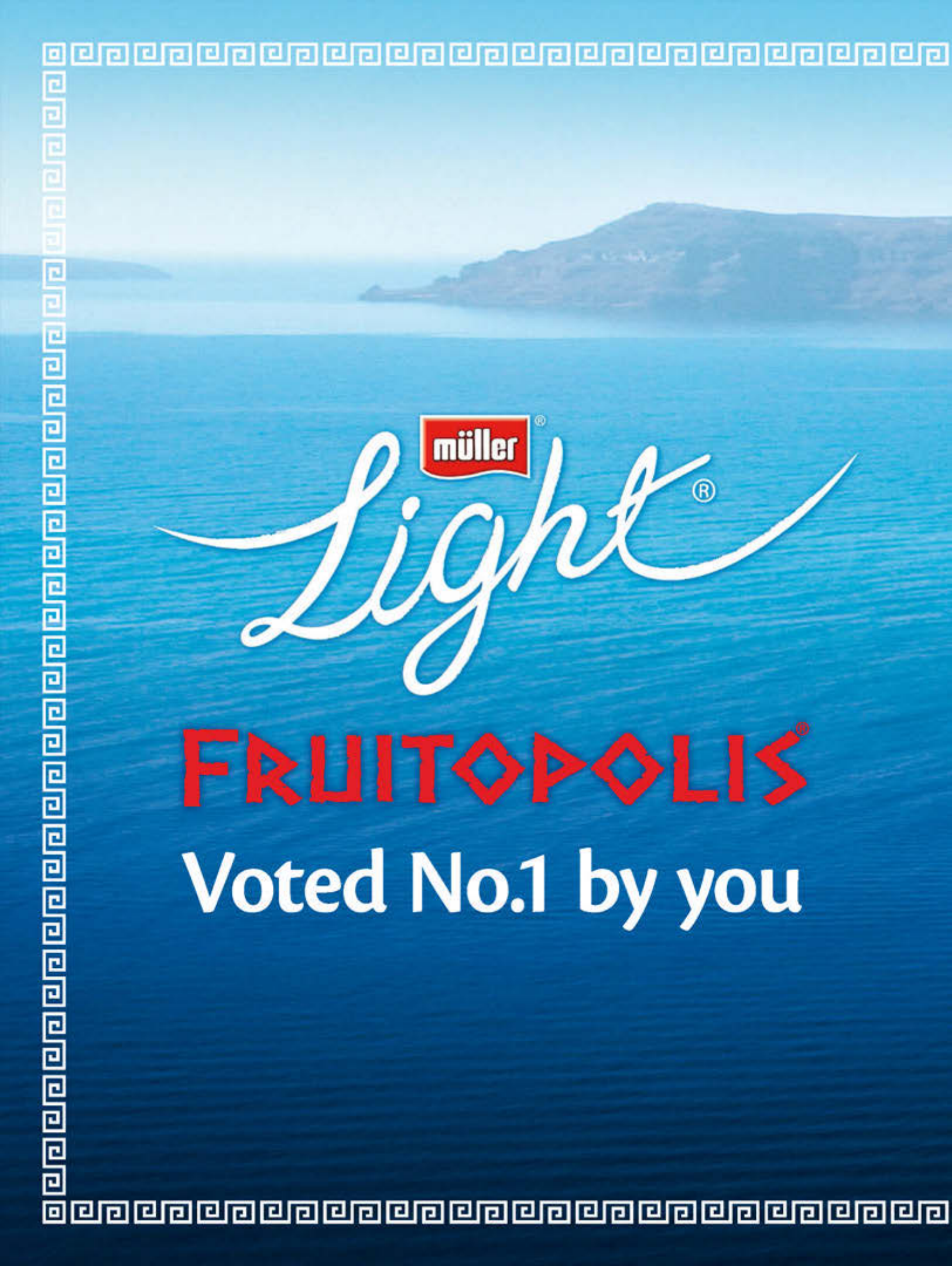
LEAD ON  
Pippa and  
Woody

What's inspired or annoyed you this month? The writer of the winning letter will receive a pair of Saucony ProGrid Hurricane 16 shoes, worth £110.\*

Write ► Letters, Runner's World, 33 Broadwick St, London W1F 0DQ Email ► letters@runnersworld.co.uk Twitter ► @runnersworlduk Facebook ► runnersworlduk







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# PRO RUNNER UNDER CONTROL



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MEMBER OF SPANISH HALF MARATHON TEAM (2012)



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# The art of running

GPS drawing can turn your regular run route into a giant canvas

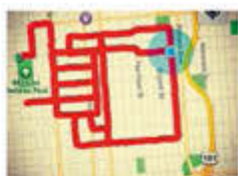
It didn't take long for some runners to notice the interesting shapes that running routes can form when viewed on a map. They started playing with the idea of creating pictures with their runs – and GPS art was born. Using GPS to draw isn't easy, because we're often constricted by the layout of streets and the challenge of remembering the correct sequence of twists and turns. That's what makes some of the art that has been created all the more impressive. GPS art could be just the thing to rejuvenate your enthusiasm as you trudge through the streets. But don't get too disheartened if your drawings don't come out the way you planned – 10 miles of running to create a barely recognisable Mobot is still 10 miles.



## ◀ The route to true love

Ben Chudley went out one day with

girlfriend Olivia very much in his thoughts. Over almost six miles of a 15-mile run he traced out 'Will you marry me?' around the streets of Portsmouth, which was far more inventive than taking the traditional route of dropping to one knee. He bravely posted the route on Facebook and Olivia accepted.



## ◀ Drawn to run

Using her Nike+ GPS, Claire Wyckoff has covered San

Francisco with GPS art, from Ghostbusters' Slimer character to a beer mug/thumbs up combination (pictured). But mostly she draws penises, ranging from outlandish caricatures to the anatomically faithful. She posts her work on her Tumblr account (runningdrawing.tumblr.com).

## ▲ Bringing people together

Former Royal Marine Ben McBean ran a 31-mile loop around London last year, tracing out a giant poppy to commemorate the centenary of the beginning of the First World War and to raise money for the Royal British Legion. Ben, who runs using a prosthesis – he lost his right leg and left arm in a landmine blast in Afghanistan – then used social media to invite the public to help him colour in the poppy by running up and down the streets within its boundaries (see above). By Remembrance Day, hundreds of runners had stepped in to paint the streets red, logging more than 7,500 miles.

## HOW TO PAINT THE TOWN

Becoming a GPS artist calls for planning, imagination and a fair bit of running



A route-mapping tool such as [fetcheveryone.com/measure](http://fetcheveryone.com/measure) will help you stitch your route together.



As you improve, you may want to consult an Ordnance Survey Explorer map to find hidden linking paths.



Upload your route to a GPS watch with navigational capabilities and it will direct you around it, like a satnav.



Already created a GPS masterpiece you'd like to share? Email it to. [letters@runnersworld.co.uk](mailto:letters@runnersworld.co.uk)



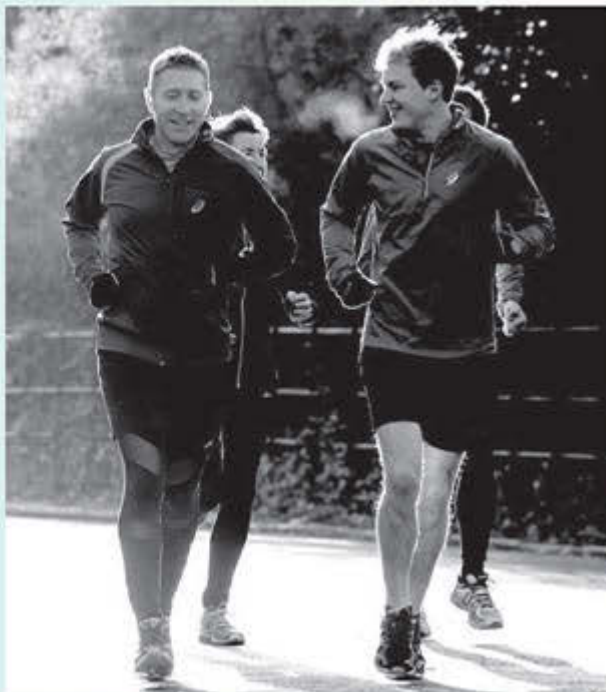
# RIGHT ON TARGET

The #asics262 five are knuckling down to some testing marathon training. Find out how they're getting on and get some great tips for your own training



Late January: the cobwebs of Christmas have been blown away, some serious ASICS kit has been broken in and the training is ramping up – time to check in with our five #asics262 runners. Cue Training Day 1: a crisp winter's day in Battersea Park, London.

Our five runners are all gunning for glory at the Paris Marathon in April. As with any spring-marathon training programme, late January is a time when the high-mileage weeks loom, injury threatens to scupper any PB plans and all that extra running is making you reach for the snack drawer to tame the munchies. Training Day 1 needed a crew of experts to guide our runners around such pitfalls – so who were we gonna call? The ASICS Pro Team, that's who. What did our squad of running coaches, physio and nutrition experts think of the #asics262 runners' progress? Would nutritionist Ruth lock the treats drawer? Would physio Sarah wage war with her thumbs on tight muscles? Find out...



## PROGRESS CHECK: COACH STEVE SMYTHE

First up were coaches Sam Murphy and Steve Smythe, who led a track session featuring a variation on Yasso 800s (a workout devised by RW's Bart Yasso) to check the runners' progress. Did Steve think his recruits were on target? 'Tom's speed is well in advance of where it needs to be – he's running like a 2:45 runner, even though his PB is 3:36,' said Steve. 'He did a 16-mile run with me last week at sub-three-hour marathon

pace, and to be able to do that at this stage shows how well he's running. Amy's doing very well too, though she's had to contend with bad weather in Sheffield. In the session today she did the last 800m in 3:05, when she only had to run them all in under four minutes, which shows how far along she is. There are still lots of long runs to go for both of them, but I'm absolutely delighted with how they're doing.'





**'I've never trained before, as such. Training just meant running around a lot as fast as I could, until I got tired. Or bored. But I'm starting to realise that marathon training is a very different beast.'**  
Tony, marathon first-timer



## **PROGRESS CHECK: COACH SAM MURPHY**

Coach Sam Murphy has three recruits under her wing, including first-timer Tony. 'At the start of his training, Tony was talking about a sub-4:00 goal and I said my goal for him was to get around the marathon, since he's a first-timer,' said Sam. 'I think he saw that as a challenge and last weekend he did a stonking 10K PB. Since then we've adjusted his paces, which puts him more in line with his sub-4:00 goal.'

'Andrea's got a good level of speed, so I think endurance is the challenge for her. She feels really tired at the end of longer runs, so we're addressing that in terms of lifestyle, sleep and nutrition. Tim's been going great guns as well, and his confidence in his ability to do sub-3:30 has really grown. But we were dealt a blow last weekend when he was injured during a 10K. I've given him some cross-training sessions and we hope that'll settle things down.'



*See how the runners  
are finding the  
#asics262 experience ►*



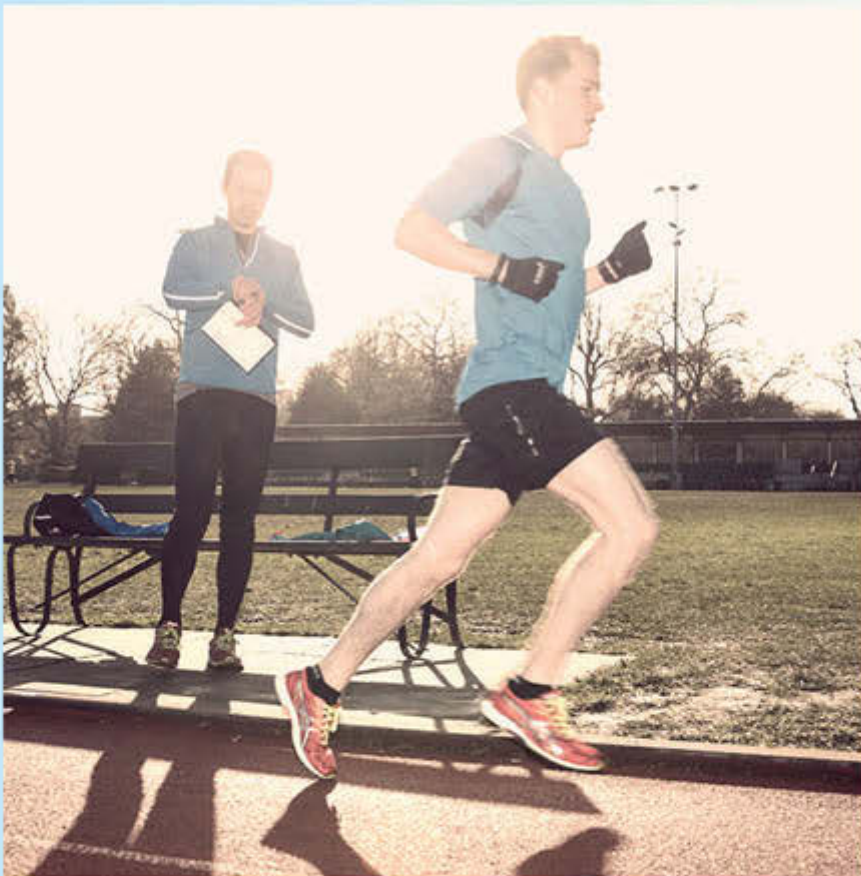
## THE ASICS NUTRITIONIST: RUTH MCKEAN

Next up, nutritionist Ruth McKean held a one-to-one session with each of the runners. For Tom and Amy, an effective carb-loading and race-day nutrition strategy could hold the key to a PB. 'I've set Amy a challenge of trying to take in six jelly babies every hour on her next long run, to see how that works,' said Ruth. For Andrea, Tim and Tony, eating well in training is the nutrition focus. 'Tony has lunch at 1pm and often doesn't have dinner until 8pm, so we're going to address this by giving him a decent snack between 3pm and 4pm,' said Ruth. Read more about her sessions with the runners at [runnersworld.co.uk/target262](http://runnersworld.co.uk/target262).



**'I've started running around the City in my lunch hour - something I'd not done before, despite working there for over 17 years. It's great to run by the Thames on a cold, sunny day and come back to the office refreshed and energised.'**

**Andrea, Sub-4:30**



## OUR #ASICS262 FIVE PROGRESS REPORT

### TIM JONES

Marathon PB: 3:51

**Target: Sub-3:30**

'The training is challenging my weaknesses and building on my strengths. Each session is helping me in a specific way. Training was going brilliantly until injury



struck in a 10K race, but I'm hoping it settles down soon.'

### AMY ROACH

Marathon PB: 4:12

**Target: Sub-4:00**

'Steve has me running at different paces, thinking about times and trying to achieve PBs every week. Since boot-camp day, when I ran my



first 5K time of 22:22, I have broken 22 minutes twice.'

### TONY MCNEILL

Marathon first-timer

**Target: Sub-4:00**

'I have used the excuse that I don't have the time to train for a marathon for a couple of years now and I realise



how feeble it is - it just needs a bit of planning.'

### ANDREA WESTCOTT

Marathon PB: 4:37

**Target: Sub-4:30**

'The main challenge so far has been running slowly. My slow runs are to be done between 10:30 and 11:15 pace. I struggle to do this and keep my



running form - I tend to end up shuffling along!'

### TOM RANN

Marathon PB: 3:36

**Target: Sub-3:00**

'Looking back on what I'd been doing, I had little knowledge of training theory. Week 4 was very tough. There was an 8-mile acceleration endurance session,



a 9-mile cross-country race and 16 miles fast.'



## THE ASICS PHYSIOTHERAPIST: SARAH CONNORS

First up on ASICS Pro Team physio Sarah Connors' couch was Tim, who was struck down with a calf injury a week before training day. 'We're wondering whether Tim has a stress response in the fibula bone, because it's very tender around that area,' Sarah explained. 'He's going for an MRI scan this week, which will show whether it is. He also has a weakness in his left glute, which we'll be addressing too. Glute weakness was the common theme for all the runners today - as it tends to be for lots of runners - so I've given them all some exercises to do.' Read Sarah's report on the runners and watch her how-to videos at [runnersworld.co.uk/target262](http://runnersworld.co.uk/target262).



## JOIN THE JOURNEY

Training Day 2 is next in the calendar for our final five, when ASICS Pro Team sports psychologist Dr. Victor Thompson will help the runners tackle any mental demons associated with marathon training. If you're training for a marathon too, don't forget that you can find out the latest from the runners and talk to our experts on the RW forum, watch videos on everything from stretching to fuelling, win ASICS gear and get all the advice you need to unleash your marathon potential, in the ASICS Target 26.2 hub at [runnersworld.co.uk/target262](http://runnersworld.co.uk/target262).

## Shoes To Suit

Training Day 1 was about pace work on the track, and it was followed by a long run a few days later. What shoes suit these key sessions? Try the new ASICS 33-DFA and the new ASICS Nimbus 17

### RUN NATURAL

The Run Natural range is designed to facilitate the body's movements. Light in weight and with minimal material, the neutral and structured designs in the range will give your muscles a different running workout over shorter distances.

- A range that's ideal for distances such as 5K or 10K
- Improves balance and proprioception, which will boost your overall running performance across all speeds
- Try out the ASICS 33-DFA, brand new for spring 2015



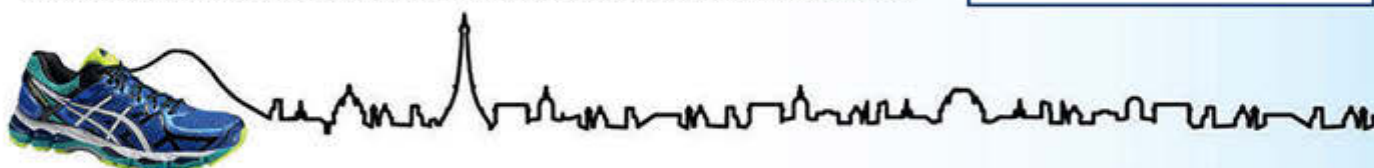
### RUN LONG

Comfort is key to conquering 26.2 miles and that's the focus of the ASICS Run Long range, which features neutral-cushioning and structured-cushioning categories to support your running gait.

- Ideal for longer, slower runs, and half-marathon and marathon training
- The ASICS Nimbus is a shoe for neutral runners, with the all-new Nimbus 17 launching in spring 2015
- The ASICS Kayano suits overpronators needing a little support



**FIND OUT MORE ABOUT RUN LONG AND RUN NATURAL, PLUS RUN FAST AND RUN TOUGH, AT [asics.co.uk](http://asics.co.uk)**



## THE HOME OF SPRING MARATHON TRAINING

Whichever marathon you're training for, get essential advice on training, injury prevention, fuelling and more at [runnersworld.co.uk/target262](http://runnersworld.co.uk/target262)







# RUNNING COMMENTARY

THOUGHT  
THAT  
COUNTS



## 'I'm in the high-risk category for injury'

**Despite the injustices of the world,** many of us maintain a 'you get out what you put in' philosophy, believing that hard work unlocks the door to success. It follows, then, that runners who aren't getting the results they want simply aren't putting in enough effort.

But a growing body of research suggests much of our performance potential – from aerobic fitness and strength to pain tolerance and motivation – lies in our genes.

In the 1990s a research team studied 742 adults from 204 families and found that hard training didn't always guarantee fitness. The volunteers, all sedentary at the outset, took part in a tough exercise regime for 20 weeks, during which their cardiovascular and metabolic responses were assessed. By the end of the study the average improvement in maximal oxygen uptake ( $\text{VO}_2$  max, a key measure of aerobic fitness) was 19 per cent. But while some participants had improved by over 50 per cent ('high responders') others demonstrated a small decline ('non-responders').

The results showed clearly that trainability ran in families – which explains Sebastian Coe's assertion that to become a champion runner it helps to have 'the good sense to choose your parents carefully'. If you've failed to do that (oh, you too?) you'll have to make the most of the hand you've been dealt.

I thought a peak at the cards might be helpful, so I swabbed my inner cheek in the name of science



and sent my DNA to XRGenomics ([xrgenomics.co.uk](http://xrgenomics.co.uk)). Its test analyses your DNA in relation to genes associated with a favourable or unfavourable response to exercise, and calculates a score.

I was quietly confident I'd be holding an ace or two. But the computer said no. A 'medium-low' responder, that's me: slightly, and depressingly, below average.

Professor Jamie Timmons, one of the scientists behind the test, stresses the result is not a judgment on your fitness level per se; rather, it's about likely responsiveness to training. 'Your score suggests you have the potential to increase your aerobic capacity in response to endurance training by about 15 per cent,' he tells me. And that means 15 per cent from where I am now –

I don't have to factor in gains I've already banked. It's a long way off the 40 per cent improvement potential of a high responder, but it's not to be sniffed at. In real terms, it could catapult a  $\text{VO}_2$  max of 58ml/kg/min into the mid-60s.

Timmons suggests increasing the volume or intensity of my training to yield that 15 per cent boost. But, keenly aware of my susceptibility to injury, I turn to another genetic test I've heard about to shed more light on the best way to proceed.

DNA Fit ([dnafit.com](http://dnafit.com)) gives a broader picture of your fitness profile – looking at power and endurance alongside markers of recovery and injury propensity. When my results come in, it's no surprise to learn I'm in the high-risk category for injury, but it seems I'm also slower than average to recover from training.

But is the information useful, as my genetic makeup is out of my hands? 'There's a *so what?* factor if you think there's nothing you can do about the results,' agrees Andrew Steele from DNA Fit. 'But the 20 gene variants that we test are all associated with actionable lifestyle or training changes. So it arms you with information that you can use to optimise your training.'

For me, that means maintaining strength exercises long after the injuries that necessitated them have healed, and taking extra recovery days after tough sessions.

I like to think I'd continue running even if I'd found out I was a non-responder. Perhaps it would even be liberating – offering a release from the relentless progress we runners expect of ourselves.

There's an old adage about genes that says, 'Nature loads the gun, environment pulls the trigger.' You might not have the silver bullet, but that doesn't mean you can't still reap many benefits from running. Granted, you don't know which ones you'll get, but you can certainly have a lot of fun finding out.

Speedy  
stat

45%

of runners use  
smart technology,  
such as GPS,  
to track and log  
their runs

Based on Jan  
2015 TomTom  
survey

● Sam Murphy tweets  
@SamMurphyRuns





## 'I don't run for data. I run to feel better'

**We are runners. We run. That's** just what we do. And because that's what we do, from time to time we have to defend our faith against non-believers. And so we listen to the heresy of boxercise advocates and spin-class devotees. We can't help but notice the yoga centres sprouting up around town, spitting out leotard-clad disciples clutching mats and sipping coconut water. We are the dinosaurs. We just run. Together or alone, assailed on all sides by the new breed of exercisers with their insanity workouts, their gadgets and their data.

'Too much running is bad for you!' they shout, as they notice they've only done 7,562 of their 10,000 daily step target, charging from the gluten-free cereal to the chia seeds, then heading home to blend their entire weekly shop in a Nutribullet. On waking in the morning, they check their deep-sleep stats on their tailored sleep apps, don their body-monitoring bracelets, walk downstairs (15 steps) and start measuring again.

I was chatting to a 'measurer' the other day, who confessed to walking up and down her living room for 10 minutes at 11.30pm in order to hit the magic 10,000 steps. She laughed at the absurdity of it, but said she'd never felt better. Indeed, she looked fantastic. Clear eyed and leaner, her gaze scanning the cakes options as we queued for coffee. 'Carrot cake?' I asked. She consulted her bracelet, which declined my offer on her behalf.

She walked to the table with four long, deep lunges. A check of the bracelet told her that her blood pressure reading was normal for the time of day. The coffees arrived, hers with skimmed milk (12 kcals). I had a latte (you don't want to know) and we chatted exercise. The bracelet had revolutionised her life. It measures her sleep, calorie expenditure, steps, heart rate, skin temperature and perspiration.

'It's like being tagged,' I told her. 'Are you allowed to be here? Are you on an ASBO?' It makes me nervous, all this self-monitoring. But I've always lagged behind new tech developments. Limping along behind the zeitgeist.

'How far do you run?' she asked. I said I didn't know. 'What do you mean you don't know?' she protested. 'You must know.' I told her that it's usually about six miles, but it's hard to be exact because some of it will be hilly and some of it will probably be through woods. 'What about heart rate?' she asked. I told her that I was pretty sure it was still beating. 'But what about the training effect? How do you know what it's doing?' I know what it's doing, I assured her. I *feel* what it's doing. 'But it's so vague,' she despaired. 'You don't know, you don't actually know. Where's the data? I need data!'

We weren't really arguing, but there was a clear difference of opinion. We'd hit a serious topic of conversation. I leaned in and gathered myself for a considered

### Runnerpedia

#### Endurance session (n)

A very long period spent listening to a certain kind of runner

riposte. I wasn't even sure I had it in me. I seriously doubted I'd hit my deep-sleep target the previous night, the carrot cake felt heavy in my stomach and, well, I didn't have any data.

'I don't run for data. I run to feel better,' I began. 'Simple as that. And I don't need data to tell me how fast to run or where to run. I run different routes all the time, at different paces. I don't know how far or how fast. I like the woods, running there makes me feel good and if I want to stop off mid-run to do a press-up or hug a tree to feel the bark against my face, then I do. We're not machines, you see. There are some things you simply can't put a number on. We've got so much information coming at us from all angles, so I see running as something that exists in a different zone entirely. It's about fun. It has to be enjoyable.'

She had been listening closely, offering the odd smile, occasionally glancing round the cafe. Her face suddenly brightened. 'Can I have a bit of your carrot cake?'

We laughed loudly. Then she took the bracelet off, put it on me and I noticed my blood pressure had become slightly elevated.

● *Paul Tonkinson is a standup comedian who spends his time running and philosophising*



'Running gives freedom. You can choose your own course and think whatever you want. Nobody tells you what to do'

Nina Kuscsik, 1972 Boston & NYC Marathon champion

'Doing what you like is freedom. Liking what you do is happiness'

Frank Tyger, columnist and humourist

'Running allows me to set my mind free. Nothing seems impossible, nothing unattainable'

Kara Goucher, US elite marathoner

'I loved the freedom in running, the fresh air, the feeling that the only person I'm competing with is me'

Wilma Rudolph, 1960 triple Olympic champion sprinter





# *BEST FOODS FOR RUNNERS*

*All you need to fuel your runs, speed your recovery and supercharge your immune system*

## THE EXPERTS

RW's list was compiled with Dr David Nieman, Professor of health and exercise science at the Human Performance Lab, Appalachian State University, US, and Dr Phil Maffetone, nutrition researcher and lecturer, coach and author of *The Maffetone Method* and *The Big Book of Endurance Training and Racing*.

## FOOD-FUNCTION KEY



FUEL



PERFORMANCE  
& HYDRATION



RECOVERY



HEALTH & INJURY  
PREVENTION



1 

## WATERCRESS

Once known as a mere garnish, watercress is now an established big hitter for recovery and damage limitation. The peppery leaves contain hefty amounts of iron, vitamin C and calcium.  
**Eat Whenever you can.**

2 

## COFFEE

Caffeine is the key ingredient here and there's heaps of evidence that supports its use as a natural performance booster.  
**Drink One or two cups of coffee (delivering 3-9mg of caffeine) around 45 minutes before your run.**

3 

## CHIA SEEDS

Little seeds, big punch: they contain fibre, omega-3s, protein and a host of other nutrients. 'As a nutritional package the seeds are wonderful,' says Nieman.  
**Eat In smoothies or mixed into a paste with extra carbs (such as coconut palm sugar, see no. 4) as mid-run fuel.**

4 

## COCONUT PALM SUGAR

With a GI of 35, this is a great option for sustained running fuel in sugar form. Amino acids and electrolytes mean it's more nutrient-dense than other sugars.  
**Eat Sprinkle on grapefruit or porridge for your pre-run breakfast.**

5 

## TURMERIC

The spice contains curcumin, a bone-boosting flavonoid.  
**Eat Add to curries after training. The root (right) is more powerful than the powder (£1.50 for 100g, [sainsburys.co.uk](http://sainsburys.co.uk)).**

8 

## BEET KVASS

A traditional Ukrainian tonic, this fermented drink contains health-boosting bacteria, vitamins and electrolytes.  
**Buy £5.99 for 500ml, [culturedprobiotics.co.uk](http://culturedprobiotics.co.uk).**

10 

## SPIRULINA

This algae offers nitrates and electrolytes. It's also a highly concentrated protein source and contains more than 40 key nutrients for optimum health.  
**Drink Mix two tablespoons into a smoothie with apple juice and mint.**

6 

## GREEK YOGHURT

A bit of an all-rounder: it contains protein, carbs, calcium, vitamins B6 and B12 and potassium, and its probiotic cultures fortify your immune system.  
**Eat With berries for breakfast.**

9 

## BANANAS

A study by Nieman found bananas and sports drinks had an equal effect on performance during intense exercise.  
**Eat Pre-run and as fuel source when you're tiring on a long run.**

11 

## GINSENG

Many athletes claim the exotic root can enhance endurance and reduce fatigue.  
**Eat The root, rather than supplements (£19.05 for 28g, [amazon.co.uk](http://amazon.co.uk)).**

7 

## SWEET POTATOES

A fairly low GI of 48 makes them a great option for slow-release fuelling. You also get the powerful antioxidant beta-carotene.  
**Eat Two baked sweet potatoes the night before a race.**

12 

## CAYENNE PEPPER/CHILLIES

Full of capsaicin, which enhances endorphin production and blood flow. Some research suggests it also has painkilling effects.  
**Eat Add two teaspoons of cayenne pepper to yoghurt or milk smoothies, or try it in your race drink.**





## BEEF



It's one of the best meats for muscle growth and it can help digestion. 'When cooked rare or medium rare, it provides a high amount of glutamine,' says Maffetone. 'This amino acid is fuel for the gut, helping other foods to be absorbed, to ensure we obtain all their nutrients.' Beef also contains the most easily absorbed form of iron, vital for red blood cells and muscle function.

**Eat Organic and grass-fed. A 100g steak contains 22-26g of protein.**

## 14



### CHICKEN BROTH

Boiling up the bones of the carcass releases nutritious bone broth – great for fighting inflammation (thanks to the glucosamine and chondroitin it contains) and strengthening bones, as it contains calcium, magnesium and phosphorus.

**Drink Regularly.**

## 15



### MANUKA HONEY

Honey provides quickly absorbed fuel without spiking insulin too dramatically. A Cardiff Metropolitan University study found Manuka kills off bad bacteria in the gut, speeding metabolism.

**Eat A spoonful at breakfast and a little on the go, perhaps drizzled on a rice cake.**

## 16



## EGGS



Chickens, ducks, geese, quail...their eggs all pack a punch. The yolk contains calcium, iron, phosphorus, zinc, thiamin, B6, B12 and folate, as well as omega-3 fats.

**Eat Get 6g of protein per large egg at breakfast, post-training and as a snack.**

## 17



### PEA PROTEIN

Of all veggie protein alternatives, pea has perhaps the most potential, thanks to its array of essential amino acids; it's also easily digestible.

**Eat Companies such as Beyond Meat in the US have been developing a 'beef-tasting burger from pea protein.**

## 18

### HIMALAYAN PINK SALT



It contains 84 minerals, including sodium, iron, magnesium, phosphorus and calcium.

**Eat Use as seasoning and add to water/coconut water for extra on-the-run electrolytes (£2.99 for 140g, hollandandbarrett.com).**

## 19, 20



### CHICKEN/TURKEY

Hard to separate these two. Chicken offers slightly more protein per gram, but turkey is leaner. Both pack equal levels of D-Aspartic acid, which aids muscle repair.

**Eat White meat without the skin is the leanest option**

## 21



### SALMON

A great source of protein (100g of wild salmon contains 25g) and omega-3s. Recent studies have found salmon also contains bioactive protein molecules that may be beneficial for joint cartilage.

**Eat A 50g portion at least once a week during heavy training periods.**

**BEEF UP**  
A slice is nice, but why stop at one?



# 22



## RED GRAPEFRUIT

A great pre-run breakfast, as the sugars go straight into your system. Research at Vanderbilt University, US, found grapefruit speeds up your metabolism. *Eat One red grapefruit for breakfast, with a little Manuka honey (see no. 15).*

# 23



## MILK

Milk provides whey and casein proteins, and omega-3s. Going unpasteurised will net you more probiotics – which boost the immune system.

*Drink A glass late at night for casein protein – to build muscle as you sleep.*

# 24



## CHLORELLA

This green algae contains an astonishing range of essential nutrients (including B vitamins, magnesium, zinc, iron, amino acids, beta carotene and lutein). It's also 60 per cent protein.

*Eat Add to juice.*

# 25



## GREEN TEA

A study last year found the body can absorb anti-inflammatory polyphenols from green tea during a run. It also contains caffeine.

*Drink Instead of normal tea when recovering, or try it mid-race.*

# 26



## ALMONDS

High in essential fatty acids and in magnesium, which relaxes the body and helps ward off cramp.

*Eat A handful as a snack.*

# 27



## CRICKETS

They're packed with protein, have a complete amino acid profile and there's no shortage of them. When it comes to eating insects, crickets are the poster boys in terms of availability and taste.

*Eat Fried with chillies, garlic and ginger. (55g tub, £11.99 from musclefood.com)*

# 28

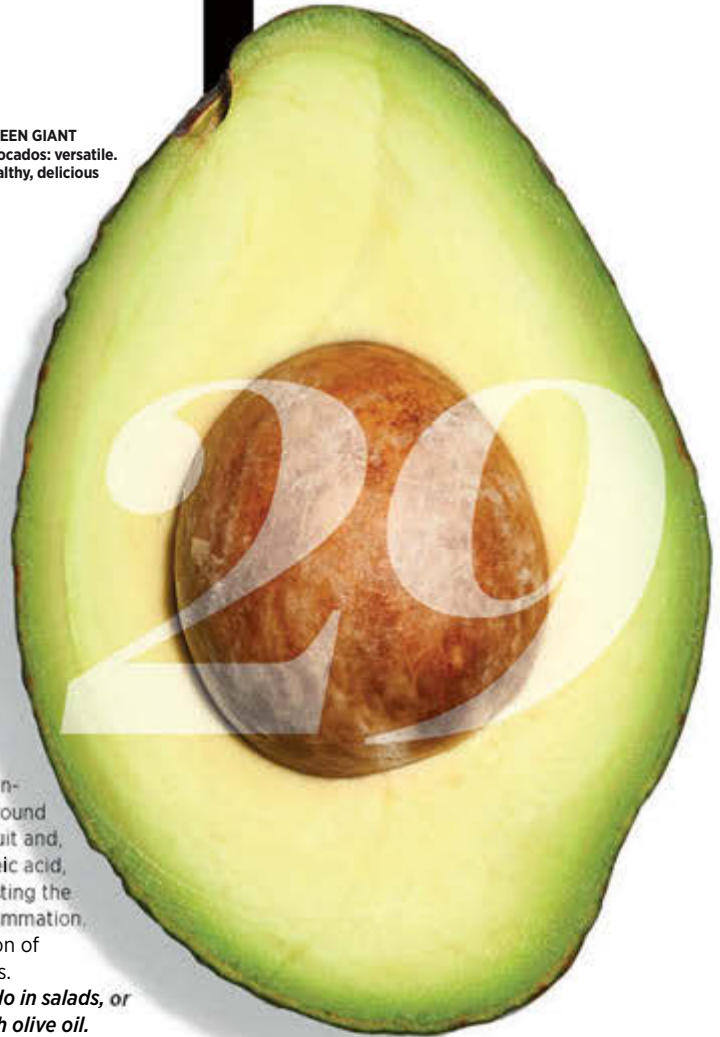


## BLUEBERRIES

These antioxidant powerhouses boost cardio and bone health and have anti-inflammatory benefits. 'Blueberries may be the best source for reducing runner's oxidative stress,' says Maffetone.

*Eat 50g a day, frozen or fresh to combat oxidative stress.*

**GREEN GIANT**  
Avocados: versatile, healthy, delicious



## AVOCADOS

An excellent aid for lean-muscle growth, with around 15g of good fats per fruit and, like olive oil, high in oleic acid, which is great for boosting the heart and fighting inflammation. They also aid absorption of antioxidant carotenoids.

*Eat Whole, ripe avocado in salads, or as a snack drizzled with olive oil.*

# 30



## SARDINES

These pack a similar protein profile to tuna, but provide more iron, vitamin D and omega-3s.

*Eat On toast with tomato and garlic post-training.*

# 31



## PINEAPPLE

Contains the anti-inflammatory bromelain, which can reduce swelling, tenderness and pain.

*Eat Fresh (the canning process destroys much of the bromelain).*





# 32

## COCONUT WATER

A natural sports drink that works well as a fuel/electrolyte source on short, light runs. It's a good source of potassium, but heavier sweaters may need a little more sodium than it provides.

*Drink On shorter runs.*

# 33

## MISO

The fermented Japanese soy paste is a tonic for the body. It replenishes electrolytes, is high in fibre to help digestion, and contains probiotics, antioxidants and essential amino acids.

*Eat A bowl a day if you can.*

# 34

## KOHLRABI

The stem of this vegetable contains potassium to help control heart rate and blood pressure, phosphorus to help buffer lactic acid and copper to aid absorption of its iron content.

*Eat Grate into a smoothie with ginger and apple juice.*

# 35

## LEMONS

They add sugars, electrolytes and flavour to water, and they contain vitamin C, a powerful antioxidant.

*Drink Add to water for your runs.*



# 36

## DARK CHOCOLATE

Small amounts could boost endurance. When scientists at the University of California gave mice a purified form of cacao's primary ingredient, epicatechin, twice daily for 15 days, the rodents were able to cover 50 per cent more distance on a treadmill than a control group.

*Eat Half a square (5g) of dark chocolate daily is enough to gain the benefits.*

# 37

## COCONUT OIL

It contains lauric acid, which boosts the immune system, and medium-chain triglycerides – fats that act like carbs, metabolising directly in the liver.

*Eat When you're making stir-fries and move on to trying the occasional spoonful neat.*

# 38

## QUINOA

This low-GI fuel is also a complete protein (offering the full amino acid chain) and is packed with the micronutrients that are needed for muscle growth.

*Eat Mix with meat/fish, veggies and olive oil during heavy training periods for energy and muscle development.*

# 39

## ACAI

The South American berry is packed with antioxidants and also contains essential fatty acids. A study published in the *Nutrition Journal* found twice-daily consumption of acai pulp could help regulate glucose and insulin levels.

*Eat Mix into recovery smoothies.*





40

## PEPPERMINT OIL



Research published in the Journal of the International Society of Sports Nutrition found that adding 0.05ml to a bottle of water for 10 days improved power and time to exhaustion.

*Drink A few drops in your water bottle.*

46

## PAK CHOI



It's high in iron and is packed with vitamins A, C and K. It also contains antioxidant minerals, such as manganese and zinc.

*Eat It's great in stir-fries.*

**DARK MATTER**  
But don't eat  
it all at once

41



## WHEY

The simple byproduct of making cheese offers the complete set of amino acids and is absorbed more quickly than other proteins, speeding up muscle repair. 'Whey also contains the potent antioxidant glutathione,' says Maffetone.

*Eat Ideally, within 30 minutes of finishing tough sessions.*

43



## GOJI BERRIES

The berries contain 18 amino acids, more vitamin C than oranges and more beta-carotene than carrots.

*Eat/Drink Blend with juices, eat on the go.*

47



## APPLES

Among many good things, apples contain quercetin, an anti-inflammatory antioxidant.

*Eat Like they say, an apple a day.*

44



## VENISON

Offers more protein for the calories than almost all other meats, and it's also a great source of iron and zinc.

*Eat A 75g steak after a tough run.*

48



## WHITE RICE

A high GI and a lack of fibre make white rice an effective pre-race carb.

*Eat A bowl with sea salt and pepper as an early pre-race breakfast.*

49



## BEETROOT

High in nitrates, which become nitric oxide in the body, widening blood vessels and making more oxygen available to your muscles. An Exeter University study found beetroot could help you exercise for up to 16 per cent longer.

*Drink A glass of beetroot juice (around 280ml) a day in the week before a race.*

42

## ORANGES

It's no surprise you see ultra runners in Spain eating oranges on the go – they quench thirst and, with a GI of 40, they provide sustained energy release from fibrous fruit (rather than the quick hit from juice or a gel).

*Eat For energy mid-run or when sore post-run.*



## BEER



It contains powerful antioxidant phenols: a German study showed runners who were given (non-alcoholic) beer for three weeks before the Munich Marathon suffered less inflammation afterwards than a placebo group.

*Drink Erdinger Alkoholfrei (£1.60 for 500ml, tesco.com).*

50



## CHARD

Chard contains folate. 'Many runners are deficient in folate, one of the B vitamins necessary to help make red blood cells carry oxygen to muscles,' says Maffetone.

*Eat In salads and juices.*



**NEW**

**JORDANS**  
THE TASTIEST OATS, NATURALLY

# LIGHT DONE RIGHT



When we wanted to make a lighter granola recipe, we went back to the field, not the lab. By using only natural ingredients and adding some wholegrain barley, we've reduced fat by 30%\* in both flavours of our delicious new Lighter Granola. It's the lighter way done right.

Why not pick up a pack and try it for yourself?

\*30% less fat on average than other regular granolas



# Cooking on the Run

NUTRITION  
SPECIAL

Delicious, healthy recipes for fuel and recovery



Lentils replace bulgur in this tabbouleh, which is rich in carbs, protein and fibre. It serves as a base for the grilled salmon in a recovery recipe from culinary nutritionist Stefanie Sacks, author of *What the Fork Are You Eating?* (Tarcher, £13.85).

POST-RUN

KCAL 412\*

CARBS 25g\*

FAT 20g\*

PROTEIN 34g\*

SERVES 6 PREP 25 MINS

## Ingredients

### TABBOULEH

- 190g green or brown lentils
- 700ml water
- 60ml extra virgin olive oil
- 120ml lemon juice
- 1 clove garlic, minced
- 4 spring onions, thinly sliced
- 25g coarsely chopped flat-leaf parsley

- ½ cucumber, peeled, deseeded and diced
- 225g cherry tomatoes, quartered
- 1 tsp salt

### SALMON

- 6 salmon fillets (115g each)
- Juice of 1 lemon
- ½ tsp salt
- 3 tsp extra virgin olive oil

## Method

### TO MAKE THE TABBOULEH

**1/** Put the lentils and water in a small pot, cover and bring to a boil. Turn down the heat and simmer, covered, for 15 minutes or until tender.

**2/** Meanwhile, in a bowl, toss together the oil, lemon juice, garlic, spring onions, parsley, cucumber, tomatoes and salt. When the lentils are cooked, drain, then add to the bowl and toss to combine. Taste and season accordingly.

### TO MAKE THE SALMON:

**1/** Rinse the salmon under cold water, then pat dry with a paper towel. Squeeze the lemon juice over the flesh side, then season with the salt.

**2/** Brush the salmon with 2 tsp of oil. Heat a grill pan on medium-high heat and add the remaining oil. Cook the salmon, skin-side down, for 4 mins.

**3/** Flip and cook for 2-3 mins more. Squeeze over any remaining lemon juice and serve on the tabbouleh.





# Chickpea

PRE-RUN

KCALs  
184

CARBS  
29g

FAT  
4g

PROTEIN  
6g

SERVES 10 PREP 40 MINS

RW contributing chef Nate Appleman enjoys this spread for lunch, but it also works well as a breakfast. Appleman eats it as is on toasted bread or tops it with avocado and tomato.

## Ingredients

- 1 tbsp extra virgin olive oil, plus more to drizzle
- 1 clove garlic, minced
- 1 red onion, diced small
- 1 carrot, diced small
- 1 celery stick, diced small
- 1 tsp red pepper flakes
- 120ml white wine
- 425g chickpeas, drained and rinsed
- 1 handful spinach
- 60ml water, plus more if needed
- ½ bunch parsley, coarsely chopped
- 1 loaf bread

## Method

**1/** Heat the olive oil over medium heat in a large pan. Add the garlic, onion, carrot, celery and pepper flakes. Cook for 4 mins, or until softened and translucent. Deglaze the pan with the wine and reduce completely.

**2/** Add the chickpeas, spinach and water. Cook for 20 mins, adding water if the pan gets too dry. In the last few minutes of cooking, stir in the parsley. Mash the mixture with a potato masher and remove from the heat.

**3/** Cut the bread into 10 slices, drizzle with the oil and toast on a grill until nicely charred.

**4/** Spread the chickpea mixture on the bread and serve.

Spread  
for

Bruschetta





PRE-RUN

KCAL 303

CARBS 41g

FAT 15g

PROTEIN 4g

SERVES 12 PREP 40 MINS

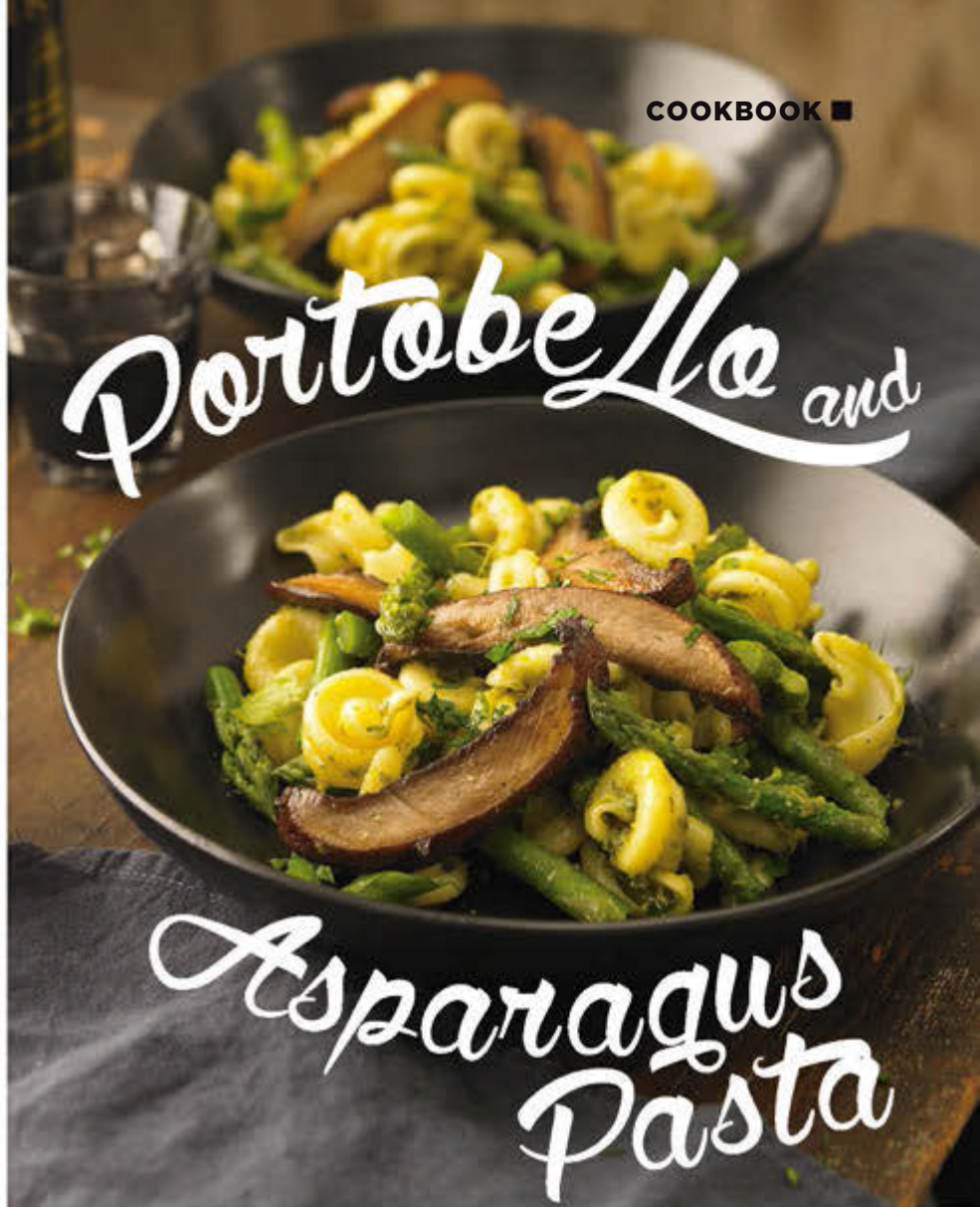
These oaty combos from RW contributing chef Lydia Maruniak are the perfect pre-run power snack. Plus, they're natural and they taste much better than anything that comes in a plastic wrapper.

## Ingredients

- 95g chopped walnuts
- 2 overripe bananas
- 120ml vegetable oil
- 200g granulated sugar
- ½ tsp vanilla extract
- 230g rolled oats
- 95g plain flour
- ¾ tsp baking powder
- ½ tsp salt
- ½ tsp ground cinnamon
- ½ tsp ground nutmeg
- ¾ tsp baking soda
- 90g dried cranberries

## Method

- 1/ Heat the oven to 180C. Coat a 20x20cm baking tray with a thin film of oil. Toast the walnuts on a separate, ungreased tray for 8 mins.
- 2/ Meanwhile, mash the bananas in a bowl. Add the oil, sugar and vanilla extract. Mix until smooth.
- 3/ In a large bowl, combine the oats, flour, baking powder, salt, cinnamon, nutmeg and baking soda. Stir into the banana mixture. Fold in the walnuts and cranberries.
- 4/ Bake the mixture in the prepared tray for 25-30 minutes. Allow to cool completely before cutting.



PRE-RUN

KCAL 559

CARBS 69g

FAT 26g

PROTEIN 16g

SERVES 8 PREP 25 MINS

Chef Philippe Forcioli tucks into this carb-loaded dish the night before a long run when he's in marathon training. Mushrooms and asparagus provide B vitamins, and pesto contains heart-healthy unsaturated fat. Leftover pesto will keep in the fridge for a week.

## Ingredients

### PESTO

- 90g pine nuts
- 20 large fresh basil leaves
- 25g fresh parsley
- 120ml extra virgin olive oil
- 25g freshly grated Parmesan cheese
- 4 cloves garlic, very coarsely chopped
- ½ tsp salt
- ¼ tsp ground black pepper

### PASTA

- Salt
- 680g tortellini or farfalle
- 32 asparagus spears, chopped into bite-size pieces
- 1 tbsp extra virgin olive oil
- 2 large portobello mushroom caps, sliced (remove gills with a spoon)
- 4 tsp chopped fresh parsley

## Method

### TO MAKE THE PESTO

Blend the pine nuts, basil, parsley, oil, cheese, garlic, salt and pepper in a food processor until medium smooth.

### TO MAKE THE PASTA

- 1/ Cook the pasta in boiling, salted water for 5 mins, then add asparagus.
- 2/ In a pan, heat the oil. Add the mushrooms and cook for 7 mins.
- 3/ Strain the cooked pasta and asparagus, keeping about 120ml of the water. Return pasta and asparagus to the pot with half the water. Add the pesto. Stir in remaining cooking water.
- 4/ Top with mushrooms and parsley.





POST-RUN KCALS 412 CARBS 50g FAT 17g PROTEIN 16g

SERVES 1 PREP 10 MINS

A great recovery breakfast after your run, courtesy of RW recipe contributor Amy Gorin. The tomato, onion and red pepper contain antioxidants that reduce free radical damage. The saltiness of turkey bacon, feta and olive tapenade balances the sweetness of the apricots and helps replace sodium lost through sweat. They also provide protein and some fat to help keep you full for longer.

## Ingredients

- 2 rashers of turkey bacon (Mattessons Smoked Turkey Bacon Rashers, £2.45 for 200g, [sainsburys.co.uk](http://sainsburys.co.uk))
- 1 whole wheat pitta
- 1 tbsp olive tapenade
- 3 dried apricots, diced
- Half a small tomato, sliced
- A few thin slices of red onion
- ¼ red pepper, thinly sliced
- 3 tbsp crumbled feta cheese

## Method

- 1/ Heat a pan. Add the turkey bacon and cook for 5 mins, until crisp. Remove from the pan and drain on a paper towel.
- 2/ Slice the pitta in half and toast it. Spread the tapenade inside both pitta halves.
- 3/ Fill the pitta halves with the apricots, tomato, onion and pepper. Add the turkey bacon and feta.



PRE-RUN KCALS 258 CARBS 38g FAT 10g PROTEIN 8g

SERVES 4 PREP 30 MINS

RW nutrition writer Jessica Migala takes classic tomato soup up a gear. Fibre-rich chickpeas help you feel full for longer, and tomatoes are an excellent source of the antioxidant lycopene.

## Ingredients

- 1 tbsp extra-virgin olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 800g chopped tomatoes
- 270ml low-sodium vegetable stock
- 1 tsp sugar
- ¼ tsp ground black pepper, plus more as needed
- 430g chickpeas, drained and rinsed
- 55g basil pesto

## Method

- 1/ Heat the oil in a large pot over a medium heat. Add the onion and cook for 4 minutes, stirring frequently. Add the garlic and cook, once again stirring frequently, for about 30 seconds. Add the tomatoes and stock and bring to a boil.
- 2/ Reduce the heat and simmer for 5 minutes. Add the sugar and pepper.
- 3/ If you prefer a smooth texture, stick the mixture in a blender and purée until smooth. Then transfer the soup back to the pot. If you prefer a chunky texture, skip this step.
- 4/ Add the chickpeas, cover with a lid and simmer for 10 minutes. Season to taste with pepper. Ladle the soup into bowls and top with a dollop of the basil pesto.



# Mediterranean Pizza

## Ingredients

- 1 thin (12") wholewheat pizza crust
- 55g pesto
- Large handful rocket or baby spinach
- 170g smoked ham, coarsely chopped
- 115g sliced roasted red peppers
- 40g sliced olives (optional)
- Handful torn fresh basil
- 115g goat's cheese, crumbled
- Ground black pepper

POST-RUN

KCAL 427

CARBS 37g

FAT 21g

PROTEIN 29g

SERVES 4 PREP 15 MINS

Yes, you can have pizza without sabotaging your finely tuned body. In fact, it can even provide a nutritional boost. Nutritionist Matthew Kadey uses wholewheat crust here, which offers more fibre and energy-generating B vitamins than the standard variety, which uses refined flour.

## Method

**1/**Heat the oven to 200C. Place the pizza crust on a baking sheet and bake for 6 minutes.

**2/**Spread the pesto on the crust. Add the toppings. Season to taste with black pepper. Cook until the toppings are hot.





POST-RUN

KCALS  
538

CARBS  
67g

FAT  
15g

PROTEIN  
35g

SERVES 4 PREP 30 MINS

This delicious carbohydrate-and-protein combo from nutritionist Dr Liz Applegate makes a perfect post-run dinner to rebuild and refuel depleted muscles. It's also quick and easy to prepare, so it won't overtax you when you're knackered from your exertions.

## Ingredients

- 255g soba noodles or wholewheat spaghetti
- 1 tbsp canola oil
- 340g sirloin beef, sliced into 2" pieces
- 225g mangetout, trimmed
- 130g Thai peanut sauce
- 230g sliced water chestnuts, drained
- Salt

## Method

**1/** Bring a large pot of water to a boil, then add salt and the noodles/spaghetti. Cook as per instructions.  
**2/** Meanwhile, in a large pan, heat the oil over a medium-high heat. Add the beef and cook, stirring frequently, for 3 mins, until lightly browned.  
**3/** Add the mangetout and cook, stirring frequently, for 3 mins. Add the peanut sauce, water chestnuts and cooked noodles. Toss to coat everything with the sauce.



POST-RUN

KCALs  
214CARBS  
18gFAT  
7gPROTEIN  
19g

SERVES 6 PREP 45 MINS

Chicken-noodle soup gets an upgrade with Matthew Kadey's wholegrain version. The slow-release carbs in quinoa restock your energy stores, while the amino acids in chicken rebuild muscle tissue.

## Method

**1/** Heat the oil in a large pot over a medium heat. Add the onion and carrots. Cook, stirring frequently, for 6 minutes.

**2/** Add the mushrooms, chicken, celery and garlic. Cook, stirring frequently, for 5 minutes.

**3/** Add the stock, water,

quinoa and thyme. Season to taste with salt and pepper.

Raise the heat to high and bring the soup to a boil.

**4/** Turn the heat down to low and simmer for 15 minutes, until the quinoa is tender.

Ladle into bowls and top with the parsley (if using). 

## Ingredients

- 2 tsp canola oil
- 1 onion, diced
- 2 carrots, sliced
- 450g boneless chicken thighs, chopped
- 70g sliced mushrooms
- 2 celery sticks, sliced
- 2 cloves garlic, minced
- 940ml chicken stock
- 240ml water
- 130g quinoa
- 2 tsp fresh thyme (or 1 tsp dried)
- Salt and ground black pepper to taste
- Chopped fresh parsley (optional)



# Chicken Quinoa Soup



# FATS & FIGURES

NUTRITION  
SPECIAL

*New research suggests saturated fat may not be a no-no after all. So should we be rethinking the butter and burgers?*

For decades, nutrition rules have put strict limits on saturated fat. Even as far back as the 1960s, experts were pretty unanimous in decreeing that eating foods high in saturated fats, such as red meat and full-fat dairy, increased your risk of heart disease. And people concerned with the health and function of their bodies (such as runners) took heed, severely curtailing their intake of such foods.

However, several recent headline-grabbing studies have challenged this age-old nutritional commandment. One of those, published in the *Annals of Internal Medicine* early last year, reviewed 76 studies and found no association between saturated fat and heart disease. Another review, published in 2010, reached a similar conclusion. 'Saturated fat may not be the demon it was made out to be,' says Jeff Volek, a professor of kinesiology at the University of Connecticut, US, and a dietitian.

Before you celebrate this news with a bacon double cheeseburger, there's a catch: just because these study reviews didn't find an association doesn't mean there isn't one. Many of these studies were not designed to find direct cause and effect. They also often relied on participants to self-report their diets, and such accounts are often inaccurate.

But through randomised, controlled clinical studies, researchers do know some things for certain. 'Saturated fat raises LDL cholesterol levels,' says Penny

Kris-Etherton, professor of nutrition at Penn State University, US. Because LDL can contribute to plaque deposits in arteries, 'it is one of the two major risk factors for cardiovascular disease', she says. Kris-Etherton adds that when 'good' polyunsaturated fats (found in fish and vegetable oils) are substituted for saturated fat, LDL levels go down and so does the incidence of heart disease. And there are other reasons to err on the side of caution: diets high in saturated fat have been linked to some cancers, and processed meats to increased diabetes risk.

But it's not all bad news. Research has discovered that saturated fat may have health benefits. For example, certain medium-chain saturated fats, such as lauric acid (found in coconut oil), have the potential to be immediately burned for



## FANCY SOME BUTTER

Some elite runners are starting to make their

There's a trend among some runners for blending butter and oil (such as coconut) into coffee – a drink called 'bulletproof coffee', after Dave Asprey's book, *The Bulletproof Diet* (£12.91, Rodale). Fans claim it provides lasting energy, staves

off hunger and helps burn fat. 'It's a super-creamy, frothy, delicious coffee that will blow your mind and give you hours of long-lasting energy,' says US two-time Olympic marathoner Ryan Hall. 'The fat helps keep my hormones at the right levels.'



## SAT-FAT SUPERSTARS



### CHICKEN THIGHS

High in zinc, which boosts the immune system.

3g sat fat per 100g



### EGGS

Packed with protein and essential amino acids.

2g sat fat per egg



### CHEDDAR CHEESE

One fifth of your daily calcium needs per slice.

21g sat fat per 100g



### MACADAMIA NUTS

Packed with the essential mineral manganese.

10g sat fat per 100g



### FULL-FAT YOGHURT

Lots of probiotics, which are linked to weight loss.

2g sat fat per 100g



### RED MEAT

A good source of energy-supplying vitamin B12.

3g sat fat per 100g



## IN YOUR COFFEE?

coffee 'bullet-proof'. But is this really a good idea?

Some of the claims stand up, says sports nutritionist Liz Applegate. 'This drink can contain over 400 calories and at least 200mg of caffeine, so it's no surprise you feel good after it.' As for weight-loss or metabolic benefits, she's less

convinced. 'There's no evidence that drinking this instead of eating breakfast will change the way your body processes energy.' But if you have room for the calories, Applegate says there's nothing wrong with starting your day with a cup.

Words **Jessica Migala** Photography **Getty**  
Image manipulation **Colin Beagley**

energy rather than stored. It's also emerged that taking saturated fat out of our diets has a strange effect: it lowers levels of 'good' HDL cholesterol, which clears bad LDL from the bloodstream.

'What the research comes down to is that all foods – in moderation – fit into a healthy diet,' says sports nutritionist Heather Fink. 'Runners are active and health conscious, so they often restrict those foods. They don't have to.'

Making the right choice involves looking at the total food versus a single nutrient. Some foods higher in saturated fat are really nutritious – and excluding them means you miss out. For example, red meat contains iron, zinc and protein; whole milk is an excellent source of bone-building calcium and vitamin D; and grass-fed beef and dairy provide conjugated linoleic acids, which have been linked to weight loss. Plus, full-fat foods are more flavorful and satisfying, which can reduce your appetite, says Volek.

A varied diet incorporating natural whole foods – including some saturated fat – can supply a range of nutrients that keep you in top running form. So enjoy that chicken with the skin on (once in a while) and spread butter on your toast (occasionally). Once you're also eating plenty of vegetables, fruits, wholegrains and lean protein, you'll be doing your body – and your running – a lot of good. 





MILES AND SMILES  
Ann (centre) with  
her club buddies

# MEMBER STATE

**DON'T THINK A RUNNING CLUB IS FOR YOU? JOINING UP  
COULD ENHANCE YOUR RUNNING AND, PERHAPS, YOUR LIFE**

**T**raditional running clubs haven't had a great press in recent years. A recent RW survey found that 65 per cent of readers run competitively, but only 43 per cent are members of traditional clubs. On the one hand, clubs are sometimes perceived as elitist, outdated and out of sync with today's recreational runners, and the new breed of casual running groups,

hip crews and collectives are certainly growing in popularity. On the other hand, England Athletics reports that club membership is at an all-time high – with a 40 per cent growth since 2007.

Granted, there are still clubs out there that are interested only in runners with enough talent to earn them league points, but many others have recognised the need to move with the times and, reflecting the needs

of an increasingly diverse running community in the UK, welcome runners of all ages, aspirations and abilities.

Taking a closer look at the club scene and hearing from those involved shows there's never been a better time to join up. Becoming a member at the right club could not just turn your running around but also your life – opening the door to new friendships, greater confidence and a whole lot of fun.



THE SOCIAL  
SIDE IS A VITAL  
PART OF CLUB  
MEMBERSHIP

# ‘IT’S GREAT TO BE ABLE TO DISCUSS THE HIGHS AND LOWS OF THE RACE OVER LUNCH’

## **ANN SPENCER- DOWDESWELL, 52,** *Knowle and Dorridge Running Club, Birmingham*

**‘I didn’t start running until I was 46.**

I joined a club for two reasons: to improve and to make friends to run with. Many people enjoy the solitude of running alone, but I’m not one of them. I *did* improve, achieving a half-marathon PB, but I never really made any friends – the club wasn’t unwelcoming, but I was the slowest in the pack and felt out of it. I lost heart and ran on my own for a few years, which was hard going. Then, about a year ago, a friend mentioned Knowle and Dorridge, a fairly new running club in the area, and I decided to give it a go.

The experience was totally different – they cater for and welcome runners of all abilities. At the start of every club session, members’ successes are highlighted by the chairman, whether it’s a performance by the cross-country team, someone’s PB or another milestone. I received as many congratulations for my recent Parkrun PB of 26:45 as someone who ran a 17-minute one. Anyone who hasn’t run with the club before is introduced, and a suitable group is found for them to run with.

I love it. We have a great laugh, we support each other and, suddenly, PBs are secondary to the friendships, fun and joy that comes from sharing running with a group of like-minded people.

We have a Facebook page, where photos and information about the club are posted. On the first Wednesday of every month we’re encouraged to stay for a drink in the bar after the run, and there are regular curry nights, as well as an annual awards night, where effort is as much praised as results are. K&D certainly care about performance, but it’s about celebrating *everyone’s* performance and recognising that



## **GROUP THERAPY ■**

each of us puts in the same effort even if the outcome is different.

There’s a group of us of similar ability who meet every Sunday for a long run. We often meet at one of our houses and

have coffee and cake after, and a good chinwag. We also enter races together. It’s great to be able to discuss the highs and lows of the race over a well-earned lunch, as well as travel to races together, share the nerves and experience that sense of being part of a team, all supporting each other and boosting each other’s confidence, or helping each other through disappointments. After the Stratford Half last year, we treated ourselves to a spa day.

We have recently discovered WhatsApp (a cross-platform group-messaging service), which is brilliant for organising ourselves. My phone is constantly pinging, which drives my husband mad.

I love wearing my club T-shirt at races and

Parkruns. I hope it encourages others to think about joining a club, and shows that it isn’t all about running seven-minute miles (I wish). I really believe the therapeutic benefits of running with friends cannot be overestimated. I only wish I’d discovered them sooner.’

**‘OUR FIRST  
EXPERIENCE WAS  
SO WELCOMING  
THAT WE  
FELT AT HOME  
INSTANTLY’**

**RUSSELL DEANE,**  
*Northern Frontrunners,  
Newcastle*

‘I’d been running for 13 years, but only joined a club in 2013. My partner and I found our first experience so welcoming that we instantly felt at home. Barely a week goes by when we are not doing something with the club or with individual members, be it cinema night, coffee after Parkrun, a quiz or a party.’

## **‘THE CLUB IS NOW AN INHERENT PART OF OUR SOCIAL LIFE’**

**GABY WOLFERINK,**  
*Barnsley Harriers*

‘Joining a club has opened up a new world to me – support, like-minded

people and, above all, fun. Social events vary from relaxed nights out to camping weekends for faraway races, to night trail runs. The club is

now part of our social life. I say ‘our’ because my husband joined when he saw what an amazing group of people I was hanging out with.’







MANY RUNNERS  
FIND THEIR  
PERFORMANCES  
IMPROVE  
WHEN THEY  
JOIN A CLUB

## I'VE GONE FROM *SOFA SURFER* TO SUB-20-MIN 5K'

**CARLO FORTE, 41,**  
*Hastings Athletics Club,*  
*East Sussex*

**'Two and a half years ago, I was** overweight and a 20-a-day smoker. My wife had just had a baby, so I decided it was time for me to get fit and healthy. I'd never really done any sport but I decided to take up running anyway. I managed about a mile on my first outing – it was a real struggle and I was shocked by how unfit I was. I had to walk part of the way and it took me well over 10 minutes. But I was determined to carry on and so I persisted with a daily run, gradually building up to six miles, and shedding three stone over the next year.

I trained alone and even entered a few races, but I had no real structure or programme to follow. I realised that to really make progress I needed to get

involved with a club, but it took me two years to get the confidence.

I joined Hastings Athletics Club last summer and I have never looked back. One of the coaches, Terry Skelton, took me under his wing and showed me the ropes. Terry was very encouraging and put some structure into my training by providing me with my first individual training plan. I started attending track sessions under the guidance of Terry and another coach, Pete Standen, and found them hugely beneficial and rewarding. Terry uses a handicap system, which makes the sessions more fun and exciting, as you are always chasing – and being chased by – other runners. The coaches have great knowledge and experience, and have helped me build confidence, push myself harder and become more competitive.

My running has really improved since joining the club. I now have a structured and varied training programme, and have received a huge amount of support and encouragement, which I believe has been a key factor in my continued improvement. I've also learned how to stretch, and about the importance of a good warm-up and cool-down. The track and Thursday hills/tempo session have made me noticeably quicker and stronger. I got a PB in the Brighton 10K last November, finishing in 39:37.

I have made good friendships with other like-minded runners at the club and they have always been happy to share their wisdom on training, race preparation, tactics, nutrition and routes with me. I've been encouraged to get involved in all types of races, including cross-country, which was completely new to me. The coaches usually attend the races that Hastings takes part in, providing lots of support, encouragement and good humour. There is something about racing in a club vest that has helped me find an extra gear. It has also given me a real sense of belonging.

In two and a half years, I have gone from sofa surfer who struggled to run a single mile, to a sub-20 5K and sub-40 10K runner. And that's just for starters. I'm hoping this year will be even better, and owe a huge part of my improvement to the club. I never expected joining a club would provide so much.'



**'WITH GOOD  
GUIDANCE AND  
COMPETITIVE  
STIMULUS I'VE  
SET PBs IN  
MY 40s'**

**ANDY BIGGS,**  
*Durham City Harriers*

I'd always had the impression that clubs were for 'excellent' runners who would have an elitist and unfriendly attitude to plodders like me. But I was pleasantly surprised when I tried a session at Durham City Harriers. Older, more experienced runners took me under their wing and made sure I was running with a group that suited my pace. My fitness and running knowledge steadily improved and, with the help of good guidance and competitive stimulus, I've set PBs in my 40s.'

**'I PUT MY IMPROVEMENT DOWN TO TOP-QUALITY ADVICE'**

**EMILY HAUGHAN,** *North Norfolk Beach Runners*  
'I ran my first marathon in 2012, in 5:30. Ten months later, with a place in

the London Marathon, I joined my local club. I've improved dramatically – knocking 1:50 off my marathon time in October

last year, to run 3:39. I put my improvement down to the top-quality advice and encouragement I have received.'



**NIGHT LIFE**  
A club training session can bring out the best in you

## SEVEN REASONS TO JOIN A CLUB

**1** You'll have a more sociable running life, even outside club sessions.

**2** Entry fees will be cheaper for every race you enter.

**3** You'll benefit from the wisdom of coaches, staff and other runners.

**4** You'll get discounts at your local running store.

**5** You'll discover new sessions to incorporate into your training.

**6** You'll learn new routes to run.

**7** You could benefit from friendly competition pushing you on.





**'THE  
CAMARADERIE  
IS SECOND  
TO NONE'**

**BILL DAVISON,**  
Wootton Road  
Runners

'Three years ago, I was 17st, inactive and in a dark place emotionally. I needed to exercise and to be part of something that was different to my past life. Wootton Road Runners drew me in and I've never looked back. I've lost five stone – moved from the slowest-pace group to the fastest and got my Parkrun time down to 18:52. The camaraderie is second to none. You can be dying on your feet and freezing in a race you wish you'd never started, when suddenly you hear, "Come on Wootton!"'

**SUPPORT SYSTEM**  
Anita with fellow Strider  
Kate Macpherson

## FIND THE RIGHT CLUB

Want to join a club? A good starting point is the website of your national governing body ([englandathletics.org](http://englandathletics.org), [scottishathletics.org.uk](http://scottishathletics.org.uk), [welshathletics.org](http://welshathletics.org) or [athleticsni.org](http://athleticsni.org)). All have a Club Finder facility that you can use to search your area. 'Don't necessarily go for the nearest club,' says Chris Mallender, Head of Local Delivery at England Athletics. 'Think about what's important to you and what might put you off.' For example, you may be drawn to a club that emphasises social runs, rather than competing in cross-country leagues. Or you may prefer to join a club near your workplace, or one offering children's activities to fit in better with your time demands.



Look at clubs' websites to see what they offer. You can get a good idea by looking at event reports, results and news items. Photo sections are also a good clue as to a club's range of membership. Is everyone in the photos a Lycra-clad whippet?



Many clubs use social media to highlight planned sessions and events, and for general chitchat. If you've earmarked a particular club, check to see if they have a Facebook page or Twitter feed, where you will gain great insight into a club's ethos.



A CLUB CAN  
OFFER SUPPORT  
ON AND OFF  
THE ROAD

# 'IT'S HARD TO PUT INTO WORDS WHAT *BEING A STRIDER* MEANS TO ME'

**ANITA DUNSEITH, 31,**  
*Elvet Striders, Co Durham*

**'There are other clubs nearby, but** when my husband, Mark, and I took up running we opted for the Striders because of their reputation for being friendly. I joined their Couch to 5K programme, but shortly after finishing the 10-week course I became pregnant and cut back on running. Then, at 13 weeks, I suffered a miscarriage. It was devastating. I started to run again with the club as soon as I could, to empty my head and give myself something to focus on other than what had happened.

Within a few weeks I had completed the Durham Parkrun, Stranraer 10K and the Brampton-to-Carlisle 10-mile race. I also tackled cross-country in the months that followed, coming last three times but I beat people on my fourth and fifth outings, which I was so proud of. Susan Davis, the ladies cross-country captain, sent me a lovely email to congratulate me, telling me she, too, had come last in her first cross-country race, which inspired me to continue. Running with the club has really helped me improve – I've now knocked 17 minutes off my 10K PB and have, with the support of the club, grown in confidence as a runner.

At first, I didn't tell anyone about what had happened. I was struggling with depression and grief; I felt ashamed and didn't want to share that pain with anyone. But I'm so glad I spoke out, as the support from people in the Striders

has been overwhelming. I got messages from people telling me about their own heartaches. I got invited to run with different groups within the club and I now feel comfortable enough to tell people if I'm having one of my bad days.

Kate Macpherson, our Couch to 5K leader, has been a rock. She encouraged me to get involved in updating the club's Twitter and Facebook accounts, which allows me to play an active part in the club even on my bad days. I've also introduced a yearbook section on our website, which shows everyone's favourite running moment of 2014 and goal for 2015. It demonstrates the kind of club we are – we're not all about PBs and the elites. We're a club for anyone and everyone.

Less than a year after I graduated from the couch to 5K group – and eight months after my miscarriage – I ran my first marathon. In fact, it was a 28-mile trail race. I received so much support from club members – those who took part and those who met me at checkpoints and the finish, that I spent half the time in tears.

It's hard to put into words what running – and being a Strider – means to me. It helps keep me anchored and motivates me to get out and do something positive when I'm tempted to stay at home. With the Striders, I have found a number of great support networks, both for running and for life when I don't have my trainers on. I genuinely believe I could not have achieved what I have without their support, friendship and guidance.' 

**'I'VE NOW SET PBs AT  
5K, 10K AND 10 MILES'**

**KAREN ANDREWS,**

Hedge End Running Club

'I've found the motivation and support of my running club invaluable after returning to running following the birth of my second child. Fellow members sacrificed their runs to accompany me on Parkruns and in races. Without them, I would not have had the confidence to progress at the rate I have. I've now set PBs at 5K, 10K and 10 miles since my return, but I wouldn't be where I am without their support and encouragement.'



Speak to people in club kit when you turn up for your local Parkrun or race. Just by asking a few questions you'll get a good feel for whether the club caters for people who think about running the same way you do.



A club's website often includes a contact for potential new members. Drop them an email or call with any questions. (One runner reports that when she called a local club she was asked, 'How old are you and how much do you weigh?')



Don't be afraid to try out a few different clubs. Most will allow you to run with them for a couple of sessions without making a commitment to join. 'Let the club know you're coming, so someone can look out for you,' says Mallender.



Check if the club has a beginner or recreational running division, such as a Run England or Jog Scotland group. Many clubs do and 'these help people make the transition to club athletics', explains Mallender.



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# BREAKING FREE

*In this extract from his latest book, Running Free, Richard Askwith,*

*author of Feet in the Clouds, celebrates the joys of pure, natural running;*

*free from data distraction and training targets. It's a compelling notion...*

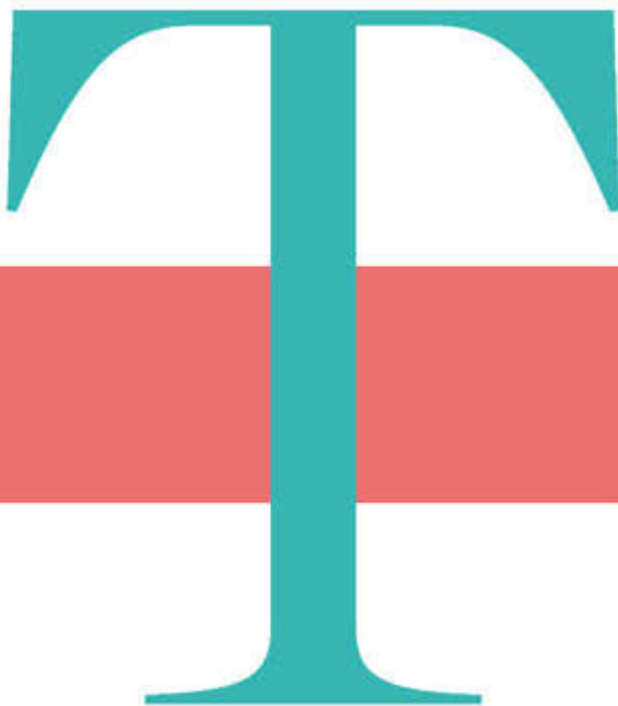
## Richard Askwith

The 54-year-old is associate editor of *The Independent* and has been a runner for 34 years. His 2004 book, *Feet in the Clouds*, was partly an account of his attempt to

finish one of the world's greatest ultras – the Bob Graham Round (66 miles and 42 Cumbrian peaks in 24 hours) – and partly a history of Britain's rich fell-running culture.







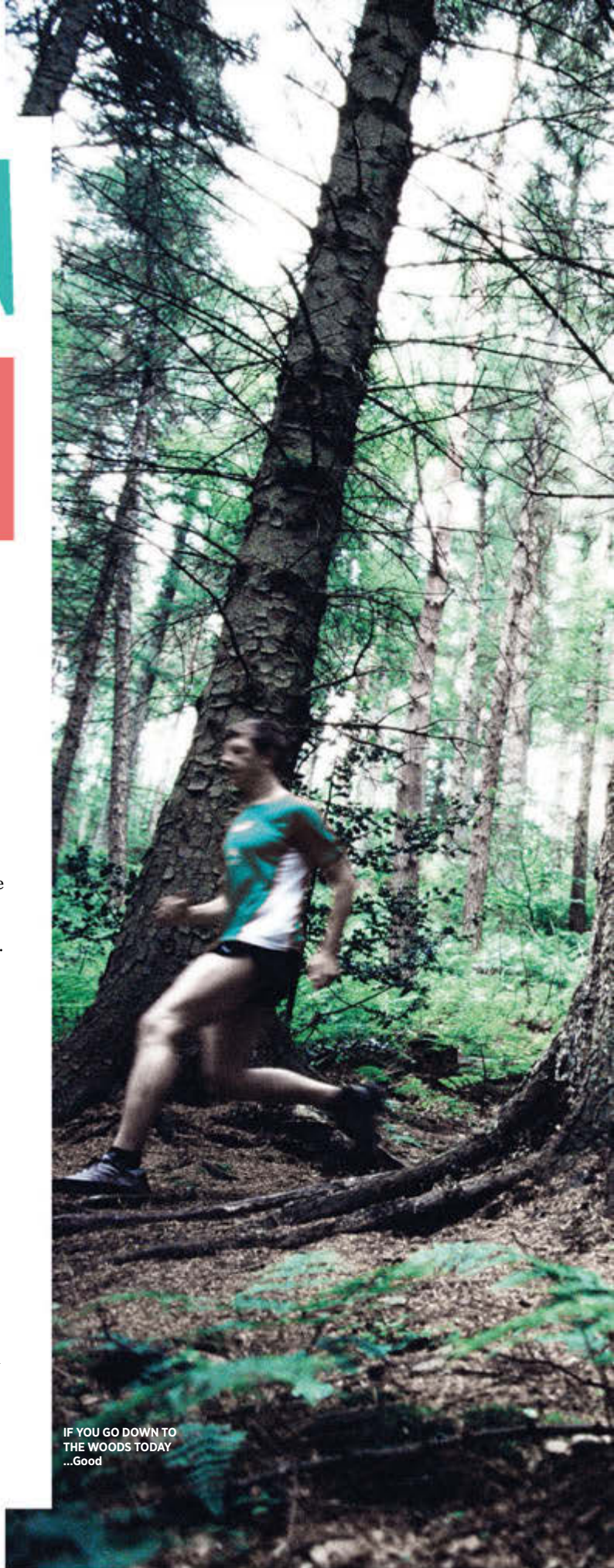
he world is still bleak with the remains of the night as I pad out of the village. Leafless, colourless boughs lean over the sloping back lane from both sides, dark as sleep. A gravestone-grey sky appears slowly beyond them. Within a minute or so we have reached the stile to the first meadow: a small, threadbare, bowl-shaped field with a dozen old trees – ash, beech, oak, hawthorn – scattered randomly across its irregular slopes. The scruffy grass is lumpy with tussocks and strewn with twigs and frozen droppings. A huddle of pale sheep, plump and still, stare grimly from one corner.

My mind is full of...well, not very much, really. Years of experience tell me that at some stage I will start to enjoy this. Until then, the less thinking the better.

But some things demand to be thought about. Pick my way through the muddy, leafless copse at the end of the field without slipping on the sideways slope. Help my dog, Nutmeg, over the stile. Check the new field for livestock. Consider the texture of the ground: it's been waterlogged for weeks and, before that buried in snow, but this morning it's frozen just hard enough, thankfully, to prevent my feet from sinking through the frozen surface into the icy water that I know lies beneath.

Other things merely ask to be thought about, so gently that I barely notice. I find myself reflecting on, for example, the startling, inch-thick furriness of the frost on the bridge's metal handrail; and the perfect beauty of the bright white spider's web that joins the rail to its far post; and, a bit later, the distant gash of yellow across the bottom of the eastern sky. (How pale and thin the dawn looks – as though it had seen the approach of a terrible storm...)

Clambering over a collapsing stile in the shadow of the woods, we're about a mile and a half from the start. I'm taken by surprise, as usual, by how comfortable I suddenly feel – as though we had entered a big wooden barn. The sheltered path is carpeted with soft, unfrozen leaves and, since it also slopes gently downhill, I barely notice the physical efforts I'm making. Instead, I glance repeatedly at the dry, brown,



IF YOU GO DOWN TO  
THE WOODS TODAY  
...Good



sleeping depths of the wood itself, separated from the path by a half-collapsed wire fence to my right, and speculate about what might be hiding within it.

On the far side of the wood, we head uphill again. Ahead, slightly to the right, a huge silver moon still gapes like a hole punched in the metallic blue sky, while daylight streams through that yellow gash on the horizon, which is now to my left, with a molten goblet of red-gold sun occasionally visible at the centre of it, through the furthest trees.

As generally happens when we take this route, my spirits have begun to rise. Cold? Sleepiness? Heavy legs? Whatever. I'm warm and awake now, and I have more interesting subjects to think about. For example: buzzards. I often disturb a buzzard from its early morning reverie on the branch of a small oak tree near here. It must be used to me by now, and I've concluded that there's less urgency than there used to be in its flight to the safety of the woods. Sometimes it seems as though it can barely be bothered to leave its bough, eventually flapping off so laboriously that it's a wonder it stays airborne.

**I** may, of course, be quite wrong about this. For all I know it's a different buzzard every day. Perhaps, for that matter, it is fear rather than familiarity that causes a buzzard to fly slowly. Or perhaps there's a different explanation.

It would be easy to find out: that's one of the pleasures of the internet age. Yet I've refrained from researching the subject. I enjoy my ill-informed naturalistic speculation – which in one sense is anything but ill-informed. Unbiased by prior knowledge, I see only what I see. To plunder the World Wide Web for the current ornithological consensus on buzzard body language would – I imagine – kill off the wonder and leave my world with one less life-enhancing mystery in it. I'd rather wait for the buzzards to teach me in their own time.

There's no buzzard there today, but there is, at least, the usual sense of being closer to nature than to the internet. I like the fact that, for the duration of this run, I'm in a little corner of modern Britain that isn't wired; a place beyond the reach of Google Street View's little yellow man. And I like the fact that this is one part of my life that leaves no digital footprint. I am, for a while, below the radar of corporate and official surveillance. You would hardly describe these fields as wild: there's a village within a mile or two in any direction. There's a motorway (sometimes audible) less than 10 miles away, and I don't suppose this part of Northamptonshire is any less densely populated than the rest of the county.

Yet I've rarely met a single human being out in these fields at dawn, and those I do meet can usually be assumed to be kindred spirits. And sometimes – as at this particular moment on this particular run – I feel as though I have temporarily escaped the gravitational tug of crowded urban modernity. How many other daily pastimes give you that kind of liberation? Idle chains of thought like

**I like the fact  
that this is one  
part of my life that  
leaves no digital  
footprint**





this appear quite regularly in my head when I'm running. They rarely lead far, because there's always something else to think about. On this occasion I have to call back Nutmeg from some particularly compelling scent that is leading her off towards the wrong horizon. There are more gates and stiles to negotiate and then, in the field that leads down towards the tiny village of Plumpton, there is a flock of browsing sheep and lambs that means Nutmeg has to be reattached.

**F**or the next few minutes my mind is full of the subtleties of threading a route through the flock that gets us to the next stile without panicking them. After that, we're starting on the homeward half of the circuit, and the moon is once again directly ahead of me: a shining silver disc whose smooth, bright rim seems unnatural in its perfection, like the peel-off inner seal of a plastic milk carton. I'm struck by the clarity of the man in the moon: you would have had to be wilfully perverse, in the pre-urban age, not to see his face there. I'm struck, too, by how immobile the moon seems, tethered above the same tall trees no matter which direction our zigzag route takes us in. I suppose that for modern, indoor human beings the idea that the moon moves through the sky each night has nothing remotely intuitive about it.

Then I think: that soundless shape that just glided past me on the very periphery of my vision: did I just fail to notice an owl? Or did I imagine it?

Eventually, we find ourselves back in the big penultimate field – the one that, on our outward journey, was just hard enough for me to remain on its frosty surface. It isn't now, but the icy water doesn't bother me. I'm too busy racing Nutmeg and, more trickily, her shadow, which stretches twenty feet in front of us.

As we sprint, a flash of pink catches my eye from the puddle-cum-spring in the field's centre. It's the underside of a buzzard, which flaps crossly away as we approach, disappearing behind the broken oak tree far to our right. This is, I realise, one handy thing about the low, late-rising winter sun: it illuminates objects from below.

Nutmeg's shadow wins the race, with me a close second. As we reach the final gate she looks up at me, and we exchange a look of mutual congratulation. It isn't that we've achieved anything: we've just enjoyed ourselves, taking full advantage of a glorious winter morning.

The great thing about such beginnings to my days is that they're never the same. I wouldn't go quite so far as to describe them as adventures: after 23 years in the same village, I'm long past the days when there was anything truly unfamiliar about any of the countryside within comfortable running distance. But they are, nonetheless, consistently unpredictable. Each day is subtly but significantly different. So is each week, each month, as the weather changes, the

seasons change, the length of the days changes, the farmers do different things with their livestock and their land, and the wildlife adapts its behaviour to take all these fluctuations into account.

I rarely bother to try out new routes any more. There's no need.

I can pass the same tree 300 times and each time it will be an unexpected experience. The light will be different, the foliage will be different, the sky behind and the earth beneath will be different; there will be new sounds, new smells, a new wind and new creatures going about their enigmatic business nearby.

As with any relationship, long acquaintance with the local countryside brings a measure of understanding. I'm no David Attenborough, but I can and do learn from observation. There are always messages that matter to the runner in a given day's landscape 'news'. Is that path waterlogged? Has this field been ploughed? Are there bullocks in the next field but one? Has that patch of thistles grown back? Is there a creature concealed in that hedgerow that will spring out in panic when I pass? The need to take such factors into consideration means that, unavoidably, I run in a more or less permanent state of mild curiosity about my surroundings. And this, I think, is one reason why running makes me happy. Once I ran looking inwards, focusing on the physiological and psychological struggles within. Now I look outwards, and the struggles take care of themselves.

There were never muntjacs [small deer] here 23 years ago. There are now. Nor, for that matter, were there buzzards –

FREE FOR ALL  
Nature's way  
costs nothing

**I no longer have the remotest idea of how long my runs take. I don't even wear a watch**





although there were kestrels. But the past five years have seen a revolution in the skies. Kestrels have become vanishingly rare, while buzzards are common. I read recently that this is a nationwide phenomenon, although no one knows if the two trends are linked. I'm ashamed to admit that I'm not particularly bothered. Kestrels – athletic, graceful and quick – are fine birds, but the buzzard – plumper, greyer and grumpier looking – somehow seems to have more about it that I can relate to at this stage in my running career.

Yet I'm pretty sure that, however much I enjoy a good grumble among friends, I don't look grumpy when I'm running. I may have done once – must have done, in fact, in the years when I used to pound the pavements night after night in pursuit of further marginal improvements in my times and technique. But for the past decade I have barely bothered about such matters.

It's not that I don't run hard or fast. I often do. But I no longer have the remotest idea of how long my runs take. I don't even wear a watch when I run, let alone check it when I start and finish. I suspect that many runners will see this as eccentric to the point of unacceptable weirdness – a bit like running naked. Yet the benefits, as I see it, have been huge and obvious.

If the satisfaction you get from your running depends directly on how close you can get to your best time for a particular distance, then once you're past the age of 30 or so, you are almost certain to experience a falling off in your satisfaction. The timing varies. Some of us peak quite late; some of us start quite late. Others are barely out of their teens when they reach their golden age. But most of us, at least by our 40s, reach a stage where, even if we're not getting significantly slower, our chances of getting significantly faster are negligible.

When this happens, the satisfaction to be derived from timing yourself is limited. It's a useful tool, if you're determined not to give up a single percentage point of performance without a bitter fight. But no matter how single-mindedly you push yourself, raging against each marginal deterioration, the truth is brutally simple. If you were going to set any notable records in your event, you'd have done so by now. And the days when your morale would regularly be boosted by dramatic improvements and new personal bests are long gone.

**I**f this applies to you, as it certainly did to me by the time I'd reached my mid-40s, then the watch becomes a tool not of motivation but of discouragement. You may derive some spiritual benefit from watching your performance deteriorate fraction by fraction. You may derive some physical benefit from continuing to push yourself right to your slowly contracting limit. But you won't be encouraged by it. And if you're not encouraged, then, in the long term, your running is likely to suffer.

In my mind's eye, I physically threw my watch away. In reality, I just stopped wearing it. It felt like a moment of liberation comparable to the one when I threw away my last packet of Winston in a flat in Wimbledon in early 1989 and ended a 15-year stretch of nicotine addiction. Stuff this for a lark, I said to myself. I don't have to wear these shackles. And that was that.

So it was with my watch. I didn't stop running fast. I didn't stop enjoying the sensations of speed, or the satisfaction of pushing myself, sometimes, to my absolute limits. I still raced occasionally, when it was convenient or friendly to do so. But I never again had a run from which the only satisfaction I took came from the knowledge of how long it had taken. I couldn't. I didn't know.

Looking back, I'm amazed that I didn't make this breakthrough sooner, but liberation often looks like that with hindsight. What matters to me now is that I did it; and that, by denying myself the satisfaction of time, I forced myself into a choice: either to give up running, because I derived no satisfaction from it; or to find other satisfactions in it, and to enjoy them instead.

I chose the latter and the result has been, I think, my Fifth Age of Running.

If I'd ever imagined such an age to exist, I'd assumed it would be a rather feeble shadow of the 'real' running I had done when I was younger. I was wrong. If anything, it's more vivid than anything that's gone before. Then, it was all about results, improvements, outcomes, marginal differences.

This is about running.

Photography: opener and this page **Portra Images/Getty Images**; previous page **Alex Teifer/Gallery Stock**



Taken from *Running Free: A Runner's Journey Back to Nature* (Yellow Jersey Press, £8.99), by Richard Askwith.





# Q+A

## Running Conversation: Richard Askwith



**Q RW: When did you start running, and what brought you to the sport?**

**A** Apart from all the compulsory stuff at school, my first proper run was in my early 20s. I'd been working in London for about a year and my life was a mess. Running somehow represented a way of getting a grip on my life. It was tentative at first, but week by week it became a kind of lifeline. I liked the simplicity of it: the more you put in, the more you got out. I suppose I had shown some promise as a schoolboy runner, before the smoking and drinking kicked in. But initially it was more to do with lifestyle than sport. Then I got competitive...

**Q There was a period when you were driven by performance. Did you enjoy that kind of running?**

**A** I definitely enjoyed that kind of running, and I think it's a valid stage of any runner's journey. Learning to focus honestly on the facts – times, results, whatever – is an important part of what makes running such a powerful force for good in so many people's lives. So

I've nothing against focusing on peak performance; it's just that, when you've been doing so for a long time, it can be liberating to stop.

My only beef with GPS is that classic old person's gripe about de-skilling: if you never learn to find your way without a Garmin, you're dependent. For most of human history, we've been able to run perfectly well without expensive kit.

**Q Do you ever race now?**

**A** Maybe once or twice a year. I like having a race somewhere in my calendar, just to encourage me not to become too lazy. But hoping to do better in races is no longer the reason why I run.

**Q So how do you satisfy your competitive drive, or has it faded away?**

**A** It has faded, but it's still there. One of the reasons I don't race more often is that, when I do, I can never resist the urge to push myself to overtake as many people as

I possibly can – which leaves me feeling unpleasantly half-dead by the finish.

**Q Do you ever miss the community side of running?**

**A** Definitely. It's a weakness of mine – neglecting what I call the 'companionable' aspects of running. I've resolved to try to correct this by doing more with friends and, when possible, my club. But for me, as for most runners, 90 per cent of running is determined by what I can fit in around life commitments, which means nipping out first thing in the morning with my dog.

**Q What's your take on organised, non-competitive events such as Color Run?**

**A** Of course people seek alternatives. Unless you're a potential champion, then the excitement of running the same kind of race, year after year, is bound to fade.

I'd recommend exploring as many alternatives as possible – there are some great challenges out there, and also some great ways of running that emphasise enjoyment rather than outcomes. But

I'd also point out that not every alternative has to be a product that you pay someone else lots of money to organise for you. There's a world of nature out there that's free to us all.

**Q You gained psychological benefits by freeing yourself from the goal-setting approach to running. What about physical benefits?**

**A** I get far fewer injuries than I used to, but I think this relates more to hardly

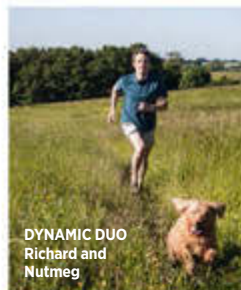
running on tarmac. I still run intensely, when the mood takes me. But it's on uneven, often yielding surfaces. I'm sure it's kinder on the body. I can remember only one injury in the past decade, which came after a rare week of intense road running.

**Q Can runners in urban environments get the same rewards from running free as those, like you, with access to nature?**

**A** It's about being open to your environment, including the urban environment. I'm sure that it's healthy for all of us to spend as much time in contact with nature as we can: that's why urban runners head for parks, trails and riversides. But we can only do what circumstances permit. Even in a city, though, you can run looking outwards rather than inwards, pulled forward by curiosity and wonder rather than being pushed forward by some fitness target.

**Q Some runners experience withdrawal symptoms when they're without technology. Should they prepare for a period of readjustment before they emerge serenely on the other side?**

**A** Maybe, but if you're getting satisfaction from monitoring performance and data, then maybe you're not bored by it yet. I don't think anyone should see serenity as a target: it's just an option that's available, when you're ready for it. The 'wild' alternative I write about is aimed mainly at those who have lost their enthusiasm for the results-focused approach – runners who feel demotivated and have begun to run without enthusiasm. When you reach my age, enthusiasm is the most powerful performance enhancer. 



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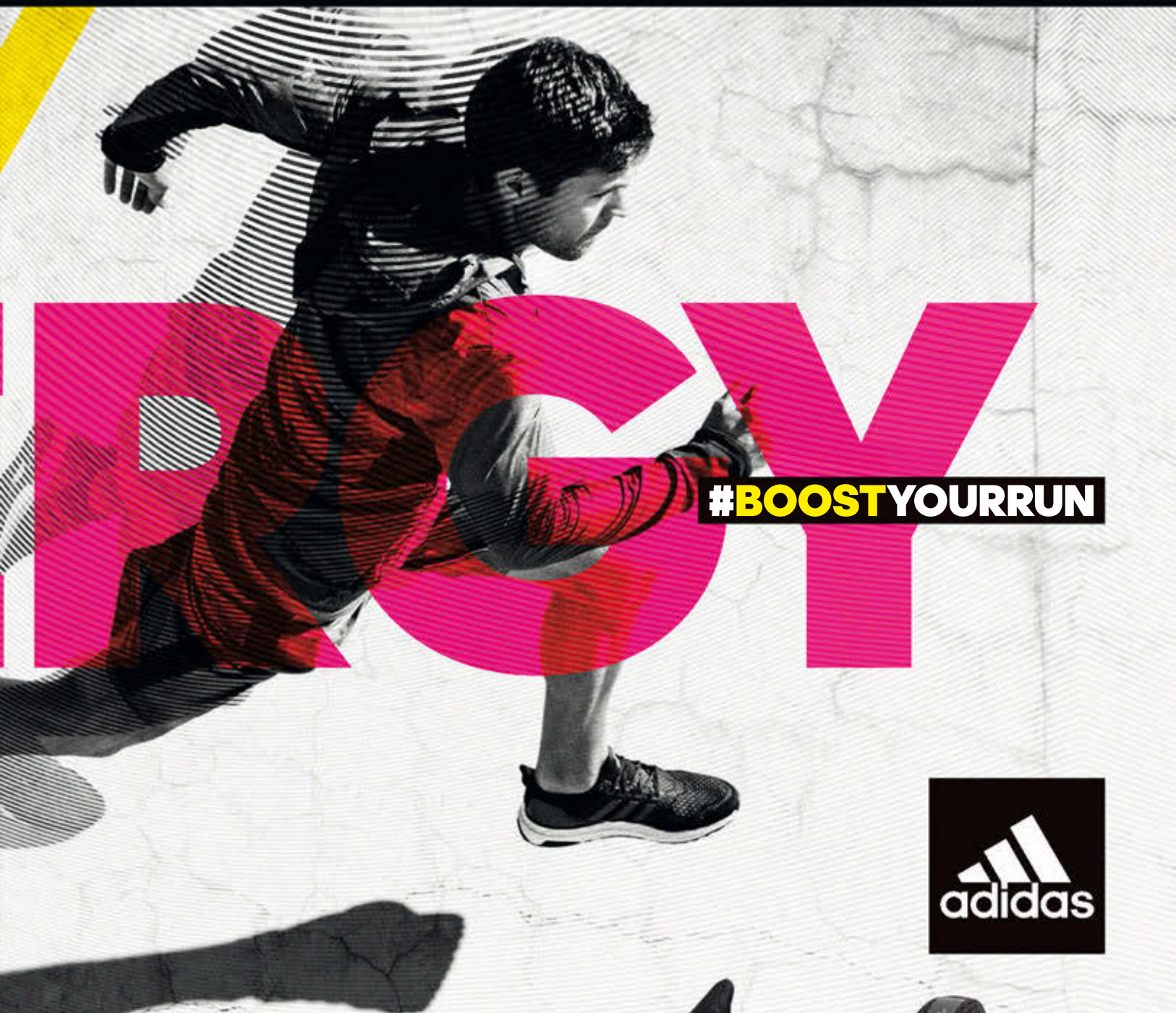
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## THIS MONTH'S EXPERT PANEL



**GREG  
MCMILLAN**  
An exercise  
physiologist and  
certified coach  
(mcmillanrunning.  
com). **p80**



**JACK DANIELS**  
Doctor in exercise  
physiology and  
author of *Daniels'*  
*Running Formula*  
(Human Kinetics,  
£13.99). **p81**



**ALEX  
HUTCHINSON**  
After running for  
Canada from 1997 to  
2008, Alex became  
a writer on exercise  
science. **p85**



**JEFF  
GALLOWAY**  
The former  
Olympian  
has coached  
over 200,000  
runners. **p87**



**JO PAVEY**  
The European  
10,000m champion  
has competed at  
four Olympics  
and five World  
Champs. **p93**



**PAUL  
HOBROUGH**  
The former GB  
athlete is owner of  
Physio&Therapy UK  
(physioandtherapy.  
co.uk). **p95**

### DOING TIME

How to make the  
best use of running  
calculators. **p80**

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Science finally  
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Tackling those tight  
spots that can lead  
to injury. **p95**



# CRUNCHING THE NUMBERS

How race-predictor calculators work – and how to adjust their times to suit the real world

**W**hile training for a marathon, a runner posts an 18-minute 5K PB in a race. They input the time into three race-equivalency calculators to find their projected time for 26.2 miles. Coach Craig Goodwin's calculator gives a time of 2:56:05, Greg McMillan's predicts 2:55:23 and Jack Daniels' predicts 2:52:45. Which one does the runner believe? The fastest, of course. However, the pace for a 2:52 race (6:35/mile) is eight seconds per mile faster than that for a 2:56 finish (6:43/mile), which could mean disaster if the runner goes out too fast.

The truth is that race-prediction calculators offer a best-guess time and their predictions vary. While they use mathematical formulae they must also contend with messy, real-world data. Here's how four popular calculators crunch the numbers.

## CRAIG GOODWIN'S CALCULATIONS

[fasterrunning.com/calculator](http://fasterrunning.com/calculator)

Goodwin is an engineer based in Oregon, US, and has been a distance runner since he was in high school in the 1970s. To develop his algorithm, Goodwin compiled the top 20 world-class performances at various distances. He bases his formula on these elite-time yardsticks because the professionals adhere to steady training schedules, pace themselves far better than most runners and don't experience much time fluctuation between race distances. However, this method still isn't an exact science.

When a runner feeds in statistics, the calculator assumes he or she will perform at the same assessed percentage compared with a world-class performance, no matter what the event. In reality, notes Goodwin, 'It's not a straight line.'

The elites can unintentionally alter the formula. 'In recent years, we've seen some very fast marathon times, but the mile record hasn't changed in a number of years,' says Goodwin. 'Should the table be updated for the marathon performances, or would that hurt the normal runner?'

'While the calculators are derived primarily from the performances of elite runners, you do not need to be an elite runner or to train at an elite level for them to be accurate. However, the calculators assume you are equally able and equally trained for all distances.'

## GREG MCMILLAN'S METHOD

[mcmillanrunning.com](http://mcmillanrunning.com)

California-based running coach Greg McMillan incorporated research from his exercise-physiology master's thesis, his own running background and his experience coaching recreational runners – from beginners to those trying to qualify for the Boston Marathon – to create his race-equivalency calculator in the 1990s.

'When you work with such a range of runners, you need a tool to prescribe training to each of those athletes,' says McMillan. Using his athletes as guinea pigs, he was able to plot data points to predict race performances. To date, more than 14 million people have used his calculator. To help refine the algorithm, McMillan monitors a sample of the one million regular users.

McMillan stresses that the key is the varied running population. 'If it's just [based on] elite runners, that's not always the best for the rest of us,' he says. Still, users might have to handicap the estimates, depending on their fast- and slow-twitch fibres, says McMillan. 'If you are a speedster, it will probably be harder for you to hit the predicted time of the longer races,' he says. 'The reverse can be true as well.'







## JACK DANIELS' VERSION

[runsmartproject.com/calculator](http://runsmartproject.com/calculator)

Jack Daniels, a respected coach and author of the *Daniels' Running Formula* (£16.27, Human Kinetics) has drawn on his vast experience in running (50 years) to invent his VDOT system. It is based on  $VO_2$  max (which is where the name comes from) as well as an athlete's grey-area measurements, such as proper biomechanics and mental toughness. 'The data we used involved testing hundreds of serious runners,' says Daniels of his formula.

He has added an advanced feature that takes wind, temperature and altitude into account. To establish the equivalency standard for wind, he tested eight competitive runners who covered flat ground alongside an airport runway while he measured the wind velocity. He had them run north at a six-minute pace, then turn around and run south at the same tempo. They repeated the run at a five-minute-mile pace. 'The subjects repeated the tests on three days with different wind velocities,' says Daniels. 'We measured oxygen consumption [to get running economy], heart rates and blood-lactate values in every run.'

For the temperature adjustments, Daniels had 32 subjects run a 25km road race on three consecutive weekends, with different air temperatures. He also took data from his decades of testing athletes at altitude to create adjustments based on feet above sea level.

Daniels' calculator reveals the effect these factors can have on a finishing time. For example, an 18-minute 5K run into a 10mph headwind equates to 17:05 in still conditions, while an 18-minute 5K lifted by a 10mph tailwind is equal to a 19:38.

## THE RW RACE-TIME PREDICTOR

[runnersworld.co.uk/calculators](http://runnersworld.co.uk/calculators)

RW's calculator is based on a relatively simple formula originally devised by Pete Riegel, a research engineer and marathoner. The formula is:

$$T2 = T1 \times (D2 \div D1) \times 1.06$$

T1 is a time (in minutes) already achieved at a distance (D1) and T2 is the predicted time for the forthcoming distance (D2). It builds in a slowdown (six per cent) for a longer distance. However, this slowdown rate is a constant rather than relative to the increasing distance – some might feel it predicts quite an ambitious marathon time, as it doesn't factor in the unique physiological demands of a 26.2-mile race. And, like most calculators, it also assumes you don't have a significant bias towards either speed or endurance. In reality, some people, no matter how much training they do, will always overachieve at one end of the scale. 



## DO THE MATHS

How to make your prediction more accurate

To compensate for differences in ability, McMillan follows what he calls the 'hybrid calculator,' a way of tweaking results for your strengths. A speedy runner doing shorter workouts would use a recent 5K race time as a baseline, but for longer workouts and races, this runner should use a slightly slower 5K time to give a slower set of bases for an endurance run. A runner who's better over long distances would do the opposite – use a slower 5K (or add 30 seconds to a recent time) when using it as a baseline for interval work, but use his or her PB for any workout longer than 3.1 miles. Using an 18-minute 5K the race-prediction calculators on these pages varied by three minutes over the 26.2-mile distance, but they were much closer determining a 10K result: between 37:23 and 37:35. 'Predictions of race performances that are closer together are stronger than those farther apart,' says McMillan. For the most accurate forecast, use a distance that is closest to the upcoming race, as long as it is a solid effort unaffected by weather or hills.

'A race-prediction calculator is a starting point, but use what you know about yourself as a runner and your training to make manual adjustments to what the calculator tells you,' says Goodwin. 'I recommend that most runners allow a plus or minus five seconds per mile pace range around what the calculator predicts.'

Words **Matt McCue** Photography **Getty, Aaron Goodman**



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# UP TO TEMPO

Build your endurance and speed by hitting the middle ground

**Y**ou know what it feels like to run easy and you're probably also familiar with the burn of going nearly all out. But what about the paces between those two levels? Workouts that target that middle ground – tempo runs – should be part of your weekly routine. These workouts help you understand how different paces feel, putting you more in tune with your abilities (and limits). They also build mental toughness, an asset when you're aiming to go longer or faster. And they develop capillary beds (which provide oxygen to working muscles) more efficiently than easy or hard runs do. Try these sessions:

## LACTATE-THRESHOLD RUN

**WHAT IS IT?** A workout at a pace at which your body produces and clears lactate (a metabolic by-product of exercise) at a close-to-equal rate. You start to slow down when it accumulates faster in the blood than your body is able to clear it. This workout trains your body to hold for longer the fastest speed at which your blood lactate levels stay steady.

**THE WORKOUT** Warm up with 20 mins of easy running, then run 20 mins at a pace you feel you could sustain for an hour. You should be able to say only a few words at a time. Cool down with 10 mins of easy running.

## RACE-PACE RUN

**WHAT IS IT?** A workout in which you practise the pace you're hoping to hit during a marathon or half marathon. 'You're teaching your body how to efficiently utilise fats and carbohydrates on race day,' says coach Chris Heuisler.

**THE WORKOUT** Every three weeks, replace your normal long run with one that contains a race-pace segment. If you're training for a half marathon, warm up for two miles, run at race pace for six to eight miles (depending on where you are in your training), then cool down for a mile. If you're training for a marathon, warm up for two miles, then work a race-pace block of six to 14 miles into a long run.

## PROGRESSION RUN

**WHAT IS IT?** A run that starts easy but gradually increases in speed. It teaches you to be mindful of your pacing, which can help you avoid going out too fast (and burning up glycogen stores) in a race, says coach Ryan Warrenburg. A progression session can ensure you don't become bored – stepping up the pace keeps your body and mind challenged.

**THE WORKOUT** Warm up for 15 mins. Then start a 30-min progression run: speed up by 10-15 secs per mile every six minutes until you're running at about threshold (or tempo) pace by the last six minutes. Cool down for five to 10 minutes.



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# GO TO THE EXTREMES

Run very hard – or very easy – to reap the most benefits

A physiologist once monitored a US college's track team for five weeks. Each day he asked the coaches how hard that day's run was to be; then, after the session, he asked the athletes how hard they'd run. They were consistently pushing harder than their coaches intended on easy days, and not hard enough on hard days.

Polarised training, in which most workouts are very hard or very easy, makes it easier to avoid this drift to mid-level efforts. In one study, runners training like this improved their 10K times by five per cent, while those who did more running in the middle – and trained harder – improved by only 3.6 per cent. Here's how to polarise your training:



## SPLIT IT UP (UNEVENLY)

Elite runners typically follow a lopsided plan, devoting 75 per cent of their training to easy running, 10 per cent to threshold work and 15 per cent to very hard efforts.

**HOW** Use a heart-rate monitor to stay in the zone. On easy days, your heart rate should always be below 80 per cent of maximum; on hard days, it should get above 90 per cent. If you're spending long stretches between 80 and 90 per cent, then you're going too fast for a recovery day and too slow for a truly hard workout.



## EASY DOES IT

US runner Camille Herron, who has won 15 marathons, was often injured in college.

When she slowed her easy-run pace from 7:00-7:30 to 8:30-9:00 per mile, she was able to increase her mileage, stay healthy and run faster on hard days.

**HOW** Maintain a rapid turnover so you don't feel you're plodding. Use a metronome app or equipped GPS monitor to keep your cadence within five per cent of what it is at tempo pace, and keep your heart rate well below the border of the tempo zone – 60-70 per cent of your max.



## THE HARD STUFF

More isn't always better: you can boost your intensity by cutting back on volume and adding rest to your usual workouts.

**HOW** Instead of running 6x1000m with two minutes' rest, try 4x1000m with three minutes' rest. Do each rep at least five seconds faster than usual. Repeat every two weeks, and either shorten the rest or add a repeat until you're back to the original workout – but now at a higher intensity.



TWIN SPEEDS  
Go fast, go slow,  
get better

## POLAR OPPOSITES ATTRACT

Workouts in this sample week hit both ends of the intensity spectrum

| Day    | Workout                                                                        | Easy           | Tempo         | Hard          |
|--------|--------------------------------------------------------------------------------|----------------|---------------|---------------|
| Mon    | Off                                                                            | 0 min          | 0 min         | 0 min         |
| Tue    | 2 miles easy, 2 x (1,600, 1,200, 800, 400, with 2 mins' jog rest), 1 mile easy | 25 mins        | 0 mins        | 40 mins       |
| Wed    | 6 miles easy                                                                   | 50 mins        | 0 mins        | 0 min         |
| Thur   | 2 miles easy, 4 miles tempo, 1 mile easy                                       | 25 mins        | 25 mins       | 0 min         |
| Fri    | 8 miles easy                                                                   | 65 mins        | 0 min         | 0 min         |
| Sat    | 2 miles easy, 10 x 90-sec hills with jog-down recovery, 1 mile easy            | 25 mins        | 0 min         | 20 mins       |
| Sun    | 14 miles, including 3 miles at marathon pace                                   | 100 mins       | 15 mins       | 0 min         |
| TOTALS | 50 miles                                                                       | 290 mins (75%) | 40 mins (10%) | 60 mins (15%) |



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## FIRST STEPS

WITH JEFF GALLOWAY

# TIME TO PICK IT UP

Get fitter and test yourself with 15 minutes (or more) of slightly faster running

**C**omfortable, steady running is great most of the time – even going out for as little as 15 minutes on busy days can help maintain your fitness. But occasionally adding a little speed to your run will help you burn calories, bust boredom and get faster. Whether you have a small window of time or a big chunk, here's how to pick up the pace for fun and fitness.



### YOU HAVE... 15 MINUTES

For 10 mins, alternate run segments of 15-60 secs with walk breaks of 30-60 secs.

Start each running segment at an easy pace and gradually speed up to a slightly faster pace that you can maintain.

During the final five mins, alternate 10-30 secs of running at an even speedier pace with 30-60 secs of walking. To avoid picking up an injury, increase your speed slowly and never run all out.



### YOU HAVE... 30 MINUTES

Start with four mins alternating 30-60 secs of slow running with 30 secs of walking. Next, spend 10 mins running for one to two mins, walking for 30-60 secs, then running again. Walk for one min. For 10 mins: accelerate gently for five to 15 secs to reach a brisk pace, jog for 10-15 secs, walk for 30 secs, and repeat. Finish with five one-min running reps (walk 20 secs between each), increasing speed on each one until you are breathing hard.



### YOU HAVE... 45 MINUTES

Try a negative split – a run in which you complete the second half faster than the first. Pick a course that allows you to run unhindered for about 25 mins. Alternate running and walking. After 23-25 minutes, turn around and gradually pick up the pace. Your goal is to get back where you started at the 45-min mark or sooner. Use walk breaks as needed, but extend the length of some of the run sections if you can.

## FACT OR FICTION?

**With running, doing something is always better than doing nothing.**

**FACT** With two exceptions: if you're injured, or if you're ill, in which case, sit it out until you are healthy. When you don't run or work out for more than three days, your body starts to lose fitness.

## Q+A

**I'm not interested in faster running. How can I simply stay out longer?**

If you reduce your usual pace you can increase your long run by about 20 per cent (but by no more than two miles). Walking more frequently can allow for an increase of up to 50 per cent. For example, if you've been running two miles using a three-min run/one-min walk pattern, try four miles with a 30-sec run/30-sec walk pattern.



# THERE'S THE RUB

Research reveals just what massages can - and can't - do

**T**here are good reasons massage therapists are part of an elite runner's entourage. And why the queues for a post-race massage are so long. A rubdown feels great. Runners report that massages reduce muscle tension and improve range of motion, while also making them feel relaxed and rewarded.

However, there's been little scientific evidence to support why it makes athletes feel so good. 'It can be hard to merge basic science with alternative medicine,' says Justin Crane, a researcher at McMaster University in Canada, who conducted some of the first objective studies on massage in 2012. Practitioners say it relieves muscle soreness, promotes circulation, flushes toxins and lactic acid from the body, and eases joint strain - claims supported by centuries of anecdotal evidence from countries such as China and Sweden. But until now science has not confirmed what massage actually achieves.

First, let's set the record straight: science doesn't support some ingrained beliefs about massage. 'It can't push toxins out of the muscles and into the bloodstream,' says JoEllen Sefton, a professor of kinesiology at Auburn University, US, who has practised massage therapy. 'There's no physiological way that can happen.' Nor does it appear to flush lactic acid from muscles, says Crane, who analysed muscle samples after subjects cycled to exhaustion and then received a 10-minute massage. 'People assumed that because lactic acid feels 'burny', and massage reduces pain, then it must clear away lactic acid,' he says.

## THE HAPPY NEWS

What massage does do is apply moving pressure to muscles and other tissues such as tendons, ligaments and fascia (which sheaths muscles like a sausage casing). 'That energy softens fascia tissue and makes clenched muscles relax,' says Sefton. It also removes adhesions between fascia and muscles (places where the two stick together and restrict muscles' movement). That's especially great news for runners, who rely on limber joints and muscles for pain-free peak performance.

Science's biggest discovery is what massage can do for athletic recovery. Studies published in the *Journal of Athletic Training* and the *British Journal of Sports Medicine* found that massage after exercise reduced the intensity of delayed onset muscle soreness (DOMS). And other research suggests that it improves immune-system function and



## FEELING SQUEEZED

Compression gear is also popular among



**THE CLAIM** Increases running performance

**THE VERDICT** Studies haven't found any noticeable improvement in speed or endurance in athletes wearing compression gear.



**THE CLAIM** Prevents injury

**THE VERDICT** Again, research doesn't back the promise that the gear can prevent sprains, overuse or other injury to joints and muscles.



**THE CLAIM** Improves recovery

**THE VERDICT** It's mixed. Some research shows that the gear can boost recovery (by increasing circulation) when worn after exercise.





**VITAL ROLL**  
DIY massage can  
work wonders

reduces inflammation. Mark Rapaport, a researcher at Emory University in the US found that just one massage treatment resulted in an increased number of several types of lymphocytes (white blood cells that play a key role in fighting infection), while also decreasing levels of cortisol (the 'stress hormone' that's linked to chronic inflammation). 'More research is needed, but it's reasonable to think that massage could help runners suffering after exertion,' says Rapaport. It may also help protect us in other ways. 'We know that systemic inflammation is associated with a lot of deleterious effects, such as heart attack and stroke, and that it predisposes people to cancers,' he says.

Crane's research, published in *Science Translational*

*Medicine*, found less inflammation in massaged limbs – and a 30 per cent increase in the expression of

a gene that helps muscle cells build mitochondria (the 'engines' that turn a cell's food into energy and facilitate its repair). 'What we saw suggests massage could let runners tolerate more training, and harder training, because it would improve their recovery and speed up their ability to go hard two days later,' he says.

Animal studies support Crane's notion. At Ohio State University, US, Thomas Best, a professor of biomedical engineering, put a device on exercised animals that simulates massage and records the applied pressure. 'We've shown a 50-60

per cent recovery in muscle function compared with no massage,' he says.

## BOOK AN APPOINTMENT

The new evidence is so convincing that even the researchers have made massage a regular part of their routines: Crane, Rapaport and Best have all become devotees and they recommend that runners follow suit. Regular massage can boost recovery and be a valuable training tool to help you run your best. 'Muscle stiffness can throw off your gait, which leads to problems over time,' says Sefton. 'And by getting a sense of how your body should feel when everything is in balance, you're more likely to notice small issues before they turn into chronic problems.' Even beginner runners can benefit from massage, because alleviating the soreness that comes with starting a new sport makes people more likely to stick with it.

Can't afford weekly treatments? Self-massage using foam rollers and other tools such as tennis balls can be beneficial between visits to an expert. They can also help runners prepare for workouts, as they loosen muscles.

## 'Regular massage can boost recovery and be a valuable training tool'

'Don't overdo the pressure,' says Sefton, who points out that even a person's weight on a foam roller sometimes applies too much force (and will cause muscles to tighten in defence). 'Body work just before

a race or hard workout should be light,' says massage therapist Anna Gammal, who worked with athletes at the 2012 Olympics. 'We don't want muscles to feel sore or overworked.'

After a race or gruelling workout, a therapist may go deeper in order to help with recovery – or not. It all depends on the individual, says Gammal. 'Through talking to the athlete and using touch, a therapist will determine the state of the muscle and if it's best to use light strokes or deep-tissue techniques to treat an athlete in a safe and productive way.' 

runners, but does it work?

### THE BOTTOM LINE

New Zealand researchers who published a study on compression leggings' value in the *Journal of Strength and Conditioning Research* concluded: 'Wearing compressive garments during recovery is likely to be worthwhile, and very unlikely to be harmful.'

Words: Kelly Bastone Photography: David Geeting



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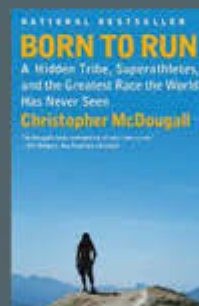
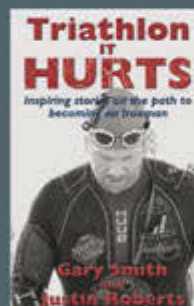
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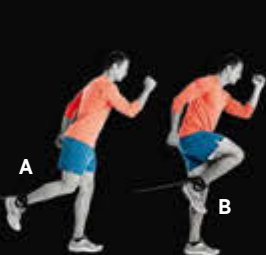






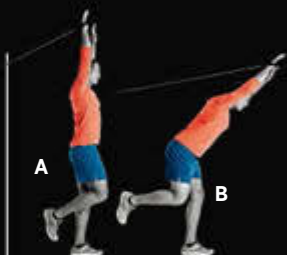
# EASY STRIDER

Strength-train your way to better running mechanics by performing these exercises and easy form fixes from physiotherapist and coach **Jack Cady**



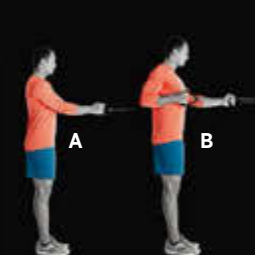
## SINGLE-LEG KNEE DRIVE

**WHY** Strengthens muscles that control hip and knee flexion. Prevents overstriding.  
**HOW** Fasten one end of a resistance band to your right ankle (anchor the other end). Hop forward, letting your right leg go back (**A**). Drive your right knee forward (**B**). Slowly return your right leg to its starting position; don't let it touch the ground. Do three sets of 25 reps on each leg.



## SINGLE-LEG CRUNCH

**WHY** Improves your ability to control rotation on the run.  
**HOW** Hold one end of an anchored band in your right hand and raise both arms, keeping your elbows in line with your ears (**A**). Step forward until you feel resistance. Lift your right leg a few inches off the ground. Hinge at your hips to fold forward slightly into a mini crunch (**B**). Perform three sets of 15 reps on each side.



## SINGLE-ARM ROW

**WHY** Strengthens muscles that hold back your shoulder blades, improving posture.  
**HOW** Loop a band around something sturdy. Hold one end in each hand, elbows at your sides. Step back until you feel resistance (**A**). Drive your right elbow back, squeezing your shoulder blade toward your spine (**B**). Hold for five secs. Slowly release the band. Do three sets of 15 reps on each arm.

## FORM FIXES

### OVERSTRIDING

**THE PROBLEM** At foot strike, your heel lands too far in front of your knee.

**THE FIX** Shorten your stride by picking up your cadence. Aim to land your foot right below your centre of gravity and try to build towards 180 steps per minute.

### SLUMPED POSTURE

**THE PROBLEM** You lean too far forward from the waist, rounding your back.

**THE FIX** Keep your chest out, shoulders back, head looking forward (not at the ground) and relax your shoulders.

### EXCESSIVE ROTATION

**THE PROBLEM** Twisting from side to side at the waist.

**THE FIX** Check your arm swing. Your elbow should drive back, with your hand skimming your waist; the forward motion should be relaxed, your hand moving towards your chest.

## PLANK WITH KNEE DRIVE

**WHY** Strengthens core muscles to control hip and pelvic rotation.

**HOW** Start in a plank position, forearms on top of a stability ball. Your elbows should be beneath your shoulders. Lift your right foot and draw your knee toward your chest. Now extend your leg back, not letting it touch the floor. Do three sets of 15 repetitions on each leg.





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## Q At the end of a speed session, should I be worn out or have something left in the tank?

If you're targeting distances of 5K and above, being completely spent after speed work carries quite an injury risk. It's also likely to leave you with a lot of muscle soreness, which may hamper your training for a few days. If you're a distance runner, you should only have nothing left to give after longer sessions that are focused on endurance.

Remember, you'll only be able to use your speed at the end of a race if you've developed good endurance; otherwise you'll be too tired to muster a sprint. So, speed work fits well if it's tacked onto the end of a session of longer reps, following a decent recovery.

If you really want to prioritise speed work, try the session the other way round, with some speed work first – while you're fresh – followed by some tempo work. But don't overdo the volume.

### Jo's pro tip Change direction

If you don't race on a track, you don't need to be good at running in circles in one direction. So, on a quiet track, run some intervals in the outer lanes, alternating your direction. Try 10x3 mins with 90 secs' recovery: 1,3,5,7,9 clockwise and 2,4,6,8,10 anticlockwise. This will help balance leg muscle strength.

Email your training, racing and running queries to [rwedit@runnersworld.co.uk](mailto:rwedit@runnersworld.co.uk) with the subject 'Elite Advice'.



SAVE SOMETHING  
Don't wear yourself  
out with speed work

## Q What are the benefits of running twice a day?

Adding extra miles to your week in this way leads to greater aerobic capacity, improved blood flow to your muscles, and an increase in your ability to store glycogen, and it will boost your muscular endurance. It can also be very handy for runners who cannot find the time to get in all their miles in one session.

A second run, if done at an easy pace, also has massive benefits for your recovery after a hard session. The gentle movement eases stiffness and improves blood flow to tired limbs. Be cautious, though: if you do want to start running twice a day, introduce it gradually to avoid injury and always pay attention to what your body is telling you – don't exhaust yourself.

## Q Should I avoid long runs or tougher workouts during menstruation?

If you feel lousy during your period, be flexible with your training. You should not have to avoid long runs or tough workouts throughout, but listen to your body. If you've planned a long run, head out with no pressure to do the distance. If you don't feel good, go shorter and tackle the long run another day.

Avoid really tough sessions when you're feeling at your worst, but you could do some interval work. You may struggle with longer reps, but try a few shorter efforts, such as a block of easy 200m reps, so you're not pushing too hard. If you want to include longer reps, do them to time rather than distance, to ensure you don't overexert yourself.





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(SC041666) and the Isle of Man (1103).





## ASK THE PHYSIO

WITH PAUL HOBROUGH

# TIGHT SPOTS

Avoid injury by building strength and improving flexibility in problem areas

**H**aving previously offered advice on managing the most common running injuries, I want to focus on some simple ways runners can avoid getting injured in the first place. Each month I will outline a self-test so you can pinpoint the tight areas and imbalances that are often the early signs of a developing injury.

### THE ISSUE: TIGHT SHOULDERS AND UPPER BACK

Sitting down for long periods lengthens the glutes and the mid-back, and tightens the hip flexors, hamstrings and pectorals. For runners this can lead to hamstring injuries and lower back pain. But it can also cause tension in the neck and shoulders, which brings its own problems.

### THE TEST

Stand with your back against a wall and see if you can touch it with the backs of your knees, palms of your hands, lower back and head at the same time. Now step forward and try to retain this 'wall' posture for 30 seconds, before relaxing. Pay attention to the tightest areas or where you have to work the hardest to maintain the 'wall' posture. Note in particular how much your neck and shoulders move from the first position to your usual posture.

### HOW IT AFFECTS YOUR FORM

Tension across the neck and shoulders can lead to a kyphotic posture – a slightly rounded or hunched upper back. This curvature also encourages you to lean forward from the neck and tip your head down. To compensate, you lift your chin to look forward, without straightening your back – a 'poking chin' posture. This compresses your neck joints, which can lead to stiffness and pain. The position of your posture is one of least resistance, so it will continue to worsen if you do not address this imbalance.

### RECOMMENDED MOVES

Perform the exercises on the right to stretch tight areas and strengthen weak muscles in your upper back and neck. You will find good posture easier to maintain, which means you can run tall and get more oxygen into your lungs.

### REVERSE FLY ON STABILITY BALL

This strengthens the upper back and neck flexors. Lie face down with the ball at your core, your legs straight and toes on the floor. Hold light dumbbells, with your arms hanging straight down. Raise your arms out to your sides, taking the dumbbells up to shoulder height. Do not lock your elbows. Slowly lower the dumbbells back to the starting position to perform one rep. Do 10 reps.



### DOORWAY CHEST STRETCH

Stand in an open doorway and place your forearms against the sides of the frame, hands up and palms forward. Keep your elbows level with your shoulders. Step forward to feel a stretch in the chest. Hold for 10 seconds. Repeat as needed during the day.





# THE WORLD AT YOUR FEET

Love running and travel? Dig out your passport and your running kit and discover the world in a race overseas



## COLOGNE MARATHON

Not only is Cologne famous for its Christmas markets and beer diversity, it is also a mecca for the running community. This year, more than 23,000 athletes will gather on October 4 for one of Germany's most successful running events. Enjoy organisational perfection and experience the amazing atmosphere as the course takes you through Cologne's vibrant quarters. It's like a carnival, so what are you waiting for?

Email: [info@koeln-marathon.de](mailto:info@koeln-marathon.de)

Website: [cologne-marathon.com](http://cologne-marathon.com)



## ASICS STOCKHOLM MARATHON

The 37th ASICS Stockholm Marathon will take place on Saturday, 30 May. It will be an exciting race in a beautiful city with 22,000 runners taking part. This is one of Sweden's top sporting events, with a scenic course and wildly enthusiastic fans greeting the runners as they enter the Olympic Stadium, where the 1912 Games were held.

Email: [info@stockholmmarathon.se](mailto:info@stockholmmarathon.se)

Website: [stockholmmarathon.se](http://stockholmmarathon.se)



## GOLD COAST MARATHON

The 37th annual Gold Coast Airport Marathon will be staged on July 4-5 in one of the most popular

holiday destinations in the world; Queensland, Australia. The event programme features the Gold Coast Airport Marathon, Wheelchair Marathon and ASICS Half Marathon, among others, all of which are renowned for being flat, fast and scenic, as the course runs along beautiful Broadwater and the stunning surf beaches.

Email: [info@goldcoastmarathon.com.au](mailto:info@goldcoastmarathon.com.au)

Website: [goldcoastmarathon.com.au](http://goldcoastmarathon.com.au)







### REGGAE MARATHON

On December 5, Jamaica's premier International Marathon Event, the Reggae Marathon, Half Marathon and 10K celebrates 15 years. Join veteran marathoners, beginners and sports enthusiasts as they converge in Negril, Jamaica's capital of casual, for a fun event with good vibes and plenty of reggae music throughout. Don't miss it – sign up now.

Email: [racedirector@reggaemarathon.com](mailto:racedirector@reggaemarathon.com)  
Website: [reggaemarathon.com](http://reggaemarathon.com)



### OTTAWA MARATHON

In 2016, head to Canada's beautiful national capital for an unforgettable running experience: the Scotiabank Ottawa Marathon. The stunning scenery, incredible atmosphere, hundreds of thousands of welcoming spectators and world-class organisation have made the Scotiabank Ottawa Marathon Canada's largest and most-loved 26.2 event. And there is so much to see and do in Ottawa before and after your race! Race day is May 29th, 2016. See you there!

Email: [susan@runottawa.ca](mailto:susan@runottawa.ca)  
Website: [runottawa.ca](http://runottawa.ca)



### MALTA SERIES

The beautiful islands of Malta and Gozo offer a superb range of running events set amid some of the Mediterranean's most beautiful and dramatic scenery. There is the Xterra Triathlon (March 29); Gozo Half Marathon (April 26); Gozo Ultra Trail (May 2) and International Challenge Marathon (November 20-22). Come compete in Malta!

Contact details available online  
Website: [visitmalta.com/en/sport-calendar](http://visitmalta.com/en/sport-calendar)



### REYKJAVIK MARATHON

With a marathon, 10K, half marathon, relay, fun run and a Lazy Town kids' run you are spoilt for choice on August 22. After the race you can enjoy the 'Reykjavik Culture Night', an event that brings up to a third of the population of Iceland onto the streets of the capital to enjoy live music, street performers, art galleries and food fairs. And your entry fee includes one free pass to the geothermal baths and pools in Reykjavik.

Email: [marathon@marathon.is](mailto:marathon@marathon.is)  
Website: [marathon.is](http://marathon.is)



### AIRTEL DELHI HALF

With a flat course and great early winter weather, the Airtel Delhi Half Marathon (ADHM), which takes place on November 29, gives you a real chance to hit your personal best (the course record, set last year, is 59:06). While you're there, visit some of the most picturesque locations in and around this incredible city. Registration for this year's event opens in August.

Email: [adhm@procam.in](mailto:adhm@procam.in)  
Website: [adhm.procamrunning.in](http://adhm.procamrunning.in)



### STOCKHOLM HALF

The 15th Stockholm Half Marathon will take place on Saturday, September 12. With the start and finish at the majestic Royal Palace, and a route that takes you through central Stockholm and past some of the city's most famous landmarks, this will be a race to remember. More than 18,000 runners from nearly 100 countries will be there, so this is an international race not to be missed!

Email: [info@stockholmhalfmarathon.se](mailto:info@stockholmhalfmarathon.se)  
Website: [stockholmhalfmarathon.se](http://stockholmhalfmarathon.se)



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SPRING / SUMMER

# SHOE GUIDE

EDITED BY KERRY MCCARTHY



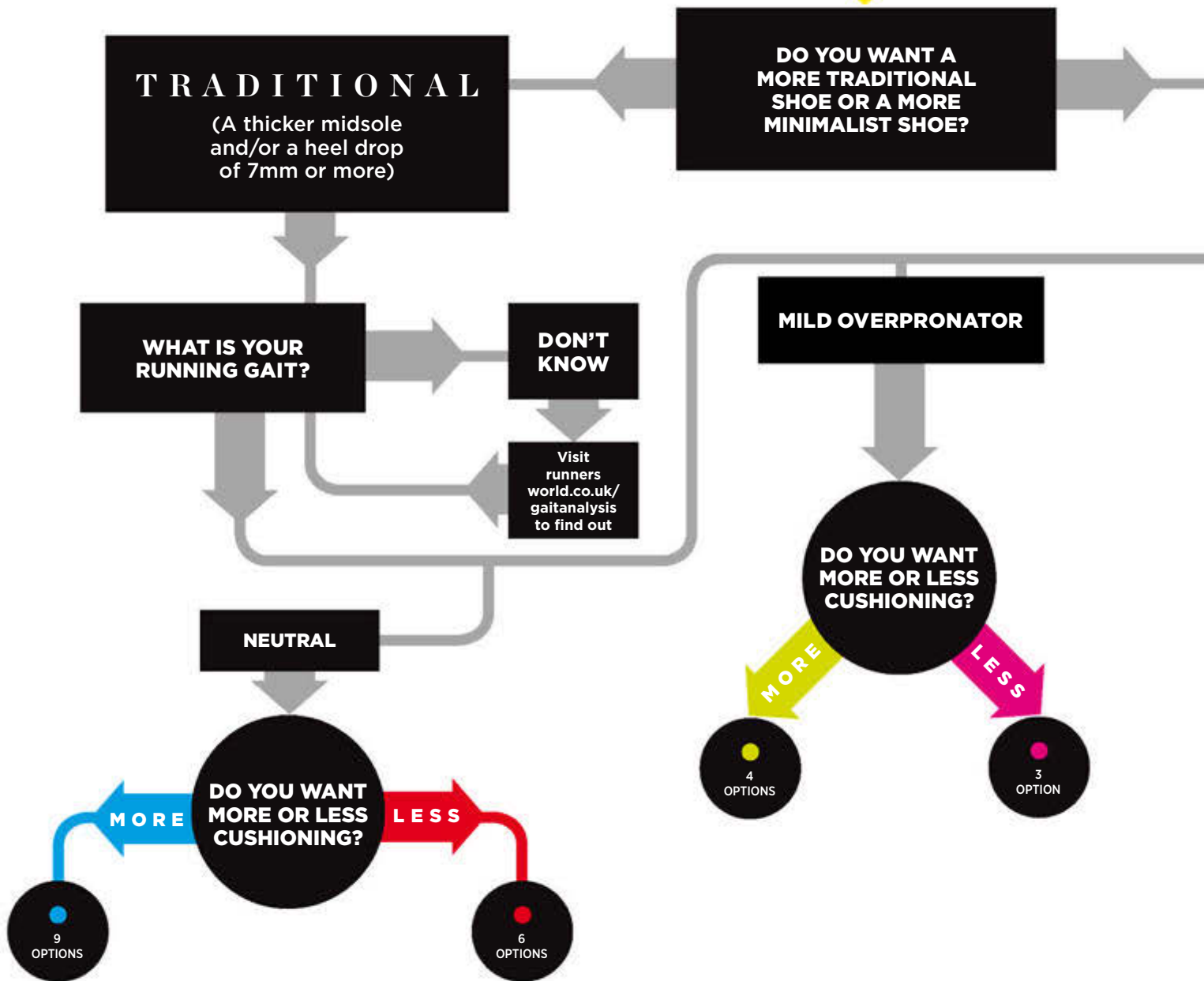
No piece of kit is more important than your running shoes. We've put 33 new models through their paces to find the shoe that's best for your running needs



# THE RW SHOE FINDER

Finding the right pair of shoes is a highly subjective exercise, so we've simplified the task by reviewing the latest models. Follow this flow chart to find the best pair for you. Your choices will lead to a set of options tailored to meet your needs.

SHOE  
FINDER  
**START**



LESS SHOE ←





## MORE SHOE OR LESS SHOE?

The scale goes from 'less shoe' (lower left) to more shoe (upper right)

### Look to the left

Focus here if you prefer shoes that are lighter, lower to the ground and more flexible. These shoes are built for fast running or racing, and they provide less impact absorption and stability.

### Head to the middle

These shoes offer a balance of features that work well for most runners. They've got just enough cushioning, stability and flexibility to feel fast and comfy without being stiff or bulky.

### Look to the right

This is where you'll find shoes with more cushioning and/or more stability. They provide comfort and protection, but tend to weigh more, be less flexible and provide less road feel.

## MINIMALIST

(A thinner midsole and/or a heel drop of 6mm or less)

### MODERATE OVERPRONATOR

### DO YOU WANT MORE OR LESS CUSHIONING?

MORE

3 OPTIONS

LESS

1 OPTION

### DO YOU WANT MORE OR LESS CUSHIONING?

MORE

4 OPTIONS

LESS

3 OPTIONS

MORE SHOE



Brooks Transcend 2  
p113



Asics GT-1000 3  
p103



Brooks Ravenna 6  
p107



On Running Cloudster  
p111



Adidas Revenge Boost 2  
p107

EDITOR'S CHOICE



Adidas Ultra Boost  
p103



New Balance 1080v5  
p105



Mizuno Wave Enigma 4  
p107



Adidas Supernova Glide 7  
p104



Under Armour Speedform Gemini  
p114



Skechers GOrun Strada  
p109



Saucony Guide 8  
p104

BEST UPDATE



Saucony Triumph ISO  
p109



Brooks Pure Flow 4  
p105



Newton Kismet  
p109



Asics Gel DS Trainer 20  
p111



Mizuno Wave Rider 18  
p105



New Balance Boracay  
p107



Mizuno Wave Inspire 11  
p103



Puma FAAS 600v2  
p102



Asics Gel Noosa Tri 10  
p113



Adidas Adizero Tempo Boost 7  
p111



Pearl Izumi EM Road N2  
p105



# HOW WE TEST THE SHOES

## Here they come

We receive 12-15 pairs of all 33 models of shoe.

## And there they go

We send them to runners around the UK, who run in them for at least a month and give feedback.

## At the RW Shoe Lab

The shoes also undergo tests at the RW Shoe Lab in Portland, Oregon, US.

## The final analysis

We distil the data into the review that appears in the magazine and online. Then we use the information to work out which shoes merit an award.

## LAB TESTS

**Cushioning** An impact-test machine measures how soft or firm each shoe is.

It drops an 8.5kg weight – the average weight of the lower leg – onto the heel and the forefoot of a men's size 8 shoe from a height of two inches. The lab notes how much the midsole compresses.

**Flexibility** This tells us how smoothly it moves from heel strike to toe-off. We gauge this by securing a shoe's forefoot to a machine that bends

it 45 degrees – about the same as a foot flexes while running – 60 times in 20 secs. The force needed indicates flexibility.

## Height and weight

We weigh men's (size 8) and women's (size 5) models. We also measure stack height – accounting for outsole rubber, midsole foam and insole. To find heel and forefoot thicknesses, we cut away upper material and take digital readings. These readings give us the shoe's 'drop'.

## GLOSSARY

The key terms you'll come across in this guide

**Heel counter** A plastic insert used to reinforce the heel cup of a shoe and increase support.

**Heel drop** This is difference between the height of the heel and the forefoot of the shoe from the floor.

**Last** The general outline of the shoe

**Lateral** The outer side of the shoe.

**Medial** The inner (arch) side of the shoe.

**Midsole** The section between the upper and the outsole. It contains a lot of a shoe's technology – such as cushioning material and any stability devices.

**Outsole** The bottom (tread) of the shoe.

**Pronation** Inward rolling of your foot when it strikes the floor. Some pronation is natural, but too much (overpronation) can lead to injury.

**Toebox** The part of the shoe that houses your forefoot.

## SHOE AWARD CATEGORIES



**Editor's choice**  
The best shoe, regardless of price or category



**Best update**  
The best new version of an existing model



**Best debut**  
The best new shoe tested



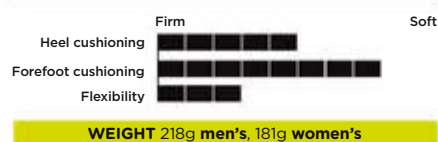
**Best buy**  
The best value option for those on a budget



### Nike Flyknit Lunar 3 £140

Fans of the previous version of this shoe will be pleased to hear the new iteration feels very much the same. The responsiveness, the low weight, the one-piece upper, the snug fit and the outstanding breathability all remain. Nike has tweaked a couple of things – there's a lighter midsole cushioning and a denser weave at the rear to hold the heel in place – but these changes are not massively noticeable, which is not a bad thing: the Flyknit Lunar was already a great shoe.

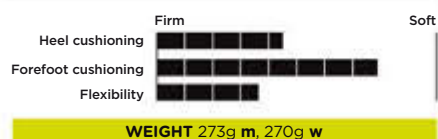
**Bottom line** A super-light training option for neutral runners.



### Puma FAAS 600v2 £80

Solid but lightweight, this is designed for minimally minded neutral runners. However, according to our testers, it's a shoe that heavier-built heel strikers and overpronators ought to steer clear of. 'Sore heels – too firm for me,' commented one about the relative lack of cushioning and the 4mm heel drop. Testers felt the wide mesh upper provided excellent breathability and that, overall, this is a perfectly comfortable shoe, although it may need a bit of breaking in.

**Bottom line** A speedy ride for forefoot strikers.



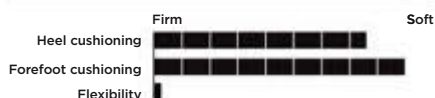




### Asics GT-1000 3 £97

We gave this moderate-support shoe to a range of testers, some of whom are underpronators and some who overpronate, and they were generally full of praise for the control it brought to their gait, and they were impressed with overall comfort, too. It was one of the least flexible shoes on test in the RW lab, but that's not necessarily a bad thing for some runners – and the double-density foam in the midsole, increased arch stability and generous cushioning combined nicely to provide a satisfying ride.

**Bottom line** A solid option for steady runs.



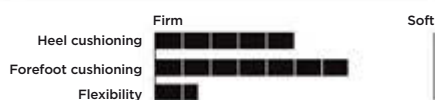
**WEIGHT** 323g m, 274g w



### Mizuno Wave Inspire 11 £105

A worthy update to this reliable stability shoe – this one received plaudits from our testers for its excellent pronation support, and was particularly appealing to those with medium to flat arches. Mizuno's signature wave plate can sometimes be hit or miss with its 'bounce' but this time it did the job well, with the shoe providing a satisfying springiness while dispersing shock efficiently. A couple of testers with ankle-instability issues also commented that they'd never felt so secure.

**Bottom line** A stable, multi-purpose ride.



**WEIGHT** 270g m, 212g w



### Kelly Brumhead on the Adidas Ultra Boost

**Age** 37 **Height** 5ft 4in **Weight** 13 stone  
**Weekly mileage** 20 **Years running** 2  
**Occupation** Hair stylist

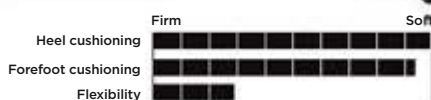
*'I ran mostly in the wet yet the grip was great. I also loved the bounce: I am heavy and usually feel every step but not in these, and the cushioning made a huge difference to my shin splints.'*



### Adidas Ultra Boost £130

A shoe that oozes class in almost every area. As well as the signature Boost midsole material – it was the most cushioned the RW Shoe Lab has ever tested – which gives brilliant energy return, the knitted upper wraps around the foot snugly, and the eyelets work independently of each other to give a perfect fit when laced up. The extra hefty Adidas has added to the shoe means this isn't best suited for fast sessions but it's a dream on longer runs.

**Bottom line** This is an ideal choice for your next marathon.



**WEIGHT** 315g m, 264g w






**Jonathan Faulkner**  
on the Asics Gel Hyperspeed 6

Age 51 Height 5ft 6in Weight 11st  
Weekly mileage 30 Years running 25  
Occupation Media & Communications

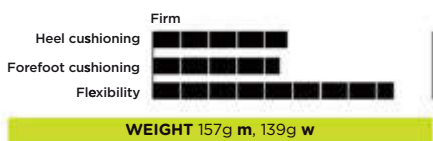
*'This is the first time I've run in such a light shoe. I was worried there wouldn't be enough cushioning but I was very impressed. I loved the low weight on my foot – they make you want to run faster.'*



### Asics Gel Hyperspeed 6 £73

The lightest model on test by a distance, this is a shoe that is built, or rather stripped-back, for speed. Asics has left nothing in but the essentials, producing a lean, mean shoe that our testers loved using on the track and for fast sessions on the road. The seamless upper won acclaim for its fit and lack of irritation, while the cushioning was enough to provide protection without compromising the ground feel and speed of heel-to-toe transition.

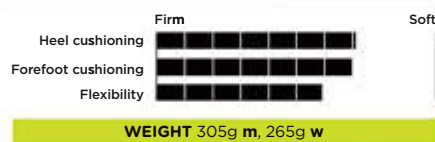
**Bottom line** A racing thoroughbred that's best suited for distances up to 10K.



### Adidas Supernova Glide 7 £105

Few major changes have been made to the seventh edition of this ever-popular shoe. The Boost midsole ensures a bouncy ride (though one tester described it as 'too Tigger-ish' for his liking). The traction, courtesy of rubber from tyre company Continental, was highlighted as 'excellent' and the effective ventilation was also a hit. However, wider-footed runners will probably find the narrow shape of the shoe a bit of a tight squeeze.

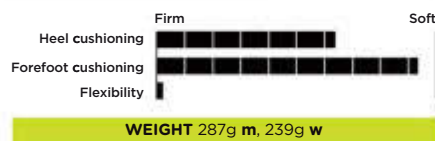
**Bottom line** An everyday all-rounder which offers a moderate amount of cushioning.



### Saucony Guide 8 £110

The medial post in this shoe is designed to give mild pronation support, but when coupled with the wide sole and slight flaring on the inside of the forefoot it provided plenty of stability for moderate overpronators. If you like a really plush, spongy-feeling ride, this is one for you. The cushioning is excellent, but the shoe is not very responsive and our lab scored it low for flexibility. The laces also need to be pulled tight to secure a decent fit, unless you have big ankles.

**Bottom line** A decent everyday option for larger overpronators.



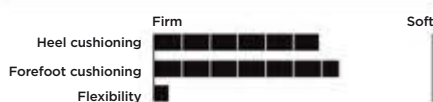




### Mizuno Wave Rider 18 £110

Going all the way back to 1997, Mizuno have released a Wave Rider update every year, to the delight of loyal fans and new converts alike. This latest version moves the shoe on again. Increased comfort comes in the form of an improved sockliner; greater durability from an extra millimetre of blown rubber on the forefoot; and lightness from remodelling the upper. Overall, an impressive package; the shoe certainly hit the cushioning vs weight sweet spot with testers.

**Bottom line** A light and responsive neutral shoe.



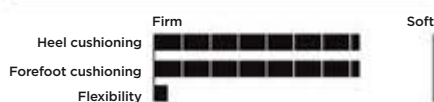
**WEIGHT** 265g m, 215g w



### Brooks Pure Flow 4 £100

After claiming the RW 'best update' gong last year, you would have forgiven the Brooks designers for leaving well alone. But they've given this update a stripped-back upper, a softer mesh, a thicker tongue and more padding around the ankle collar – all of which were well received. However, the band of elastic across the midfoot – which secures the shoe around your arch – met with mixed views: some loved the secure feeling, but others felt constricted.

**Bottom line** A responsive minimalist shoe for biomechanically efficient runners.



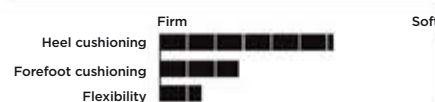
**WEIGHT** 256g m, 208g w



### New Balance 1080v5 £110

With a low-to-the-ground feel for the amount of cushioning, these will appeal to neutral runners looking for a really soft, pillowy ride. Interestingly, a couple of testers took them off-road and found the grip to be more than adequate. Shock absorption is fantastic and an asymmetrical heel counter ensures your foot is locked firmly in place without pinching. The no-sew upper and breathable mesh further help to make this a comfy all-purpose shoe.

**Bottom line** A shoe that offers deluxe cushioning for your long runs.



**WEIGHT** 307g m, 246g w

## MIX & MAX

Are maximal shoes the next big thing?



In the coming months you'll be seeing running shoes with chunky midsoles and more cushioning than usual. They look heavy but they're far from a return to the running shoes of the 90s. The idea is to adhere to the minimalist principles of low heel drop and less weight, but to add cushioning. For example, the Asics 33-M (above) weighs 226g [women's] and has a heel height of 39mm and forefoot height of 32mm – a drop of 7mm. But the

frontrunner in this market is Hoka, which only makes maximal shoes (it's Clifton model appears on p113). Hoka's shoes were built to help trail and ultra runners take the pounding for longer, but the company has moved into the road market, with the result that Saucony, Skechers, New Balance and Brooks, among others, are now offering maximal options. If you like the idea of minimalist running but want more protection, it's worth looking into.



### Pearl Izumi Project E:Motion Road N2 £89.99

Cycling specialist Pearl Izumi occasionally branches out into running shoes and this is a fine effort. Its low weight, minimalist design and slim dimensions (which make it best suited to narrow-footed runners) mean it's ideal for fast sessions and races up to 10 miles, and the grip is so good that a couple of testers felt emboldened to try it out on the trail. But if lots of cushioning and flexibility are important to you, look elsewhere.

**Bottom line** For when you want to prioritise speed over comfort.



**WEIGHT** 284g m, 229g w





# ENTER THE ULTRA BOOST

#ULTRABOOST

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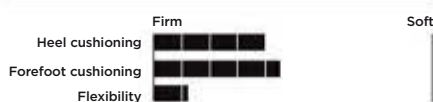




### New Balance Fresh Foam Borocay £95

This update to the 980 is all about the details. A plusher insole, a bit more of the excellent Fresh Foam cushioning material and a lower profile for a faster feel are all good additions, while testers loved the softer feel of the blown rubber outsole. It was given an average rating for responsiveness and flexibility on foot and in the lab, making it appealing to runners looking for a more solid platform to toe-off from.

**Bottom line** A versatile and reliable shoe that gives great bounce.



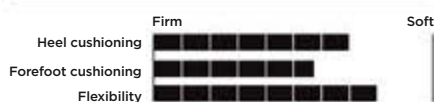
**WEIGHT** 269g m, 213g w



### Skechers GoRun 4 £89

A lot lighter than they look, these proved popular with nippier runners for everyday wear, and with heavier ones for speed work. What they lack in plushness, they make up for in responsiveness, while a midfoot rocker works to pivot your foot more quickly through to toe-off. The upper is made from a softer, more breathable fabric than that used in the GoRun3 and the stripped-down package hit the right note: 'They reminded me of wearing pumps for gym way back in my school days,' said one nostalgic tester.

**Bottom line** A blend of cushioning and speed.



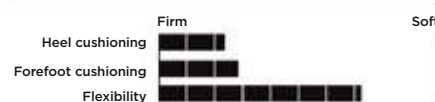
**WEIGHT** 224g m, 174g w



### Nike Free 5.0 £90

The most traditional of the Free range of shoes, the 5.0 has a thicker heel than its stablemates, allowing runners to make a more gradual transition to minimalist footwear. The latest version has a few updates, such as carbon rubber sections on the heel and toes for durability, and more flexible hexagonal outsole grooves. But what most testers noted was the flywire overlays are also the eyelets, so when you lace up you're pulling the whole midfoot section around your foot. A natural evolution of a great shoe.

**Bottom line** One of the best minimalist options.



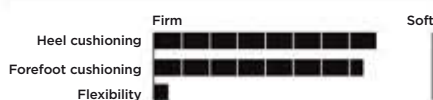
**WEIGHT** 234g m, 188g w



### Adidas Revenge Boost £89.99

Adidas' revolutionary Boost technology uses thousands of tiny steam-compressed polyurethane balls in the midsole rather than traditional foam, giving runners a greater energy return. It's been used here again to good effect. Testers who already use support shoes praised the lightness and comfort, as well as the foot-steadying external heel counter. The improved grip on the outsole also gave testers confidence at speed, even in the wet.

**Bottom line** Good value option for pronators looking for a bouncy ride.



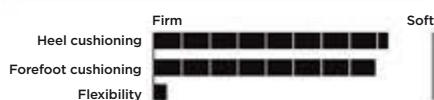
**WEIGHT** 306g m, 267g w



### Mizuno Wave Enigma 4 £110

There are no major changes from the previous iterations of this shoe, with the midsole and outsole remaining the same. However, the upper has been tweaked somewhat, with some overlays being removed to shed a little weight and give a more minimalist aesthetic. Aside from that, if you loved version three, you'll be happy to know this offers more of the same: a dreamily soft landing on any surface including, impressively, cobbled streets.

**Bottom line** This is a high-comfort and high-mileage option.



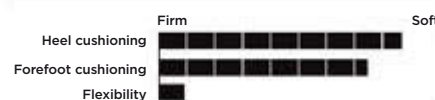
**WEIGHT** 265g m, 215g w



### Brooks Ravenna 6 £110

Almost universally praised and a tad unlucky not to scoop an award, the latest Ravenna offers fantastic cushioning, treading the line between 'neutral' and 'support', and is versatile enough for high miles or short tempo sessions. The adjustable saddle, which fixes the midsole closer to your foot, has been improved, so you can customise it further with the laces. The heel collar has been rounded for a snugger fit and a thinner mesh material improves breathability and moisture wicking on the upper.

**Bottom line** A solid, versatile daily workhorse.



**WEIGHT** 319g m, 259g w





**FEEL  
CHARGED**



As soon as you feel Charged  
Cushioning under your feet, you want  
to run. It's the ultimate advancement in  
energy, absorbing the impact of your  
footstrike and converting it into a level  
of responsive comfort you've never felt before.  
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### Newton Kismet £120

Newton has always divided opinion with its unique raised 'lug' technology under the forefoot, and testers' reaction was mixed again here. But what this latest addition to the range does offer is the most gentle introduction yet to the Newton 'way', with five elongated 'lugs' rather than the standard four, giving runners who need a more stable ride a relatively relaxed 'pop' into transition. Overall fit was secure and comfortable.

**Bottom line** A fast and slim running shoe for forefoot strikers.



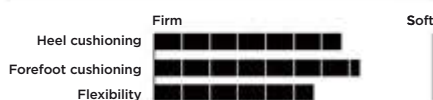
**WEIGHT** 260g m, 209g w



### Skechers Go Run Strada £89

Tester Adrian Monti summed up the mood of our testers on this one by saying: 'These were a bit of a slow burner. They were so-so at first, but the more I wore them the more I admired them.' The Strada isn't outstanding in any one area, but it's more than competent in several, including forefoot fit, heel cushioning and subtle pronation support. It's designed as a support shoe for racing and fulfils that role well. Just don't go out in the wet, as the upper provides little water-resistance.

**Bottom line** A nice blend of speed and stability.



**WEIGHT** 288g m, 228g w



### Kirsty Hewitson on the Saucony Triumph ISO

**Age** 39 **Height** 5ft 5in **Weight** 8st 11lb  
**Weekly mileage** 25 **Years running** 30  
**Occupation** Business development

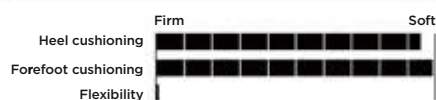
*'The light weight of the shoe was excellent and I liked the inner sleeve, which was snug, made me feel supported and really did, as promised "morph to the foot for a sock-like feel".'*



### Saucony Triumph ISO £125

The 12th edition of the Triumph has had a substantial makeover. The always-plush cushioning has been bumped up even further, giving a super-soft, pillowy ride, while the plastic midfoot insert has been removed and replaced with more foam, which makes the shoe bulkier but more stable. The main story, though, is the inner mesh wrap, an additional layer inside the shoe that curls around the foot for an extremely close fit without pinching. Our testers loved it.

**Bottom line** Cradles your foot without bulk.



**WEIGHT** 285g m, 237g w





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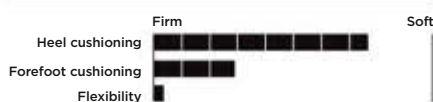




### On Running Cloudster £115

The shoes from this Swiss brand feature an unusual technology: a series of hollow pods or 'clouds' on the outsoles that are designed to cushion your landing and offer 'spring-back' on push-off. They take some getting used to, especially on uneven surfaces, but our testers found – once they adapted – that the shoes generated impressive energy and bounce. The stretch fabric in the upper and a generous toebox were also well received by all.

**Bottom line** A shoe that will put a spring in the step of neutral runners.



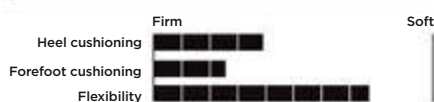
**WEIGHT** 316g m, 260g w



### Adidas Adizero Tempo Boost 7 £95

Responsiveness was the standout feature here. The Tempo offers a satisfying mix of subtle heft, good fit, cushioning and a quick heel-to-toe transition, and if you like a soft lining inside, you'll love the way your foot is cuddled by the sockliner. But the results were mixed when it came to running in bad weather: the Continental rubber on the outsoles gave outstanding traction, but while the new mesh upper was a success in terms of breathability, it allowed moisture in.

**Bottom line** Great for half marathons or longer.



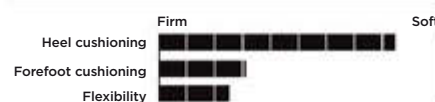
**WEIGHT** 276g m, 232g w



### New Balance Fresh Foam Zante £95

The Zante is a brilliant option for those looking for a plush feel with a bit of kick. Its weight is so low it's bordering on a racing shoe but it packs a more cushioned punch. The experienced runners among our testers used it for every run, while intermediates found it a good introduction to a more minimal style shoe and used it for shorter sessions. Forefoot cushioning could be better but the transition from heel to toe is quick and you barely feel the shoe on your foot.

**Bottom line** Fast, lean and light.



**WEIGHT** 219g m, 176g w

## SOLE MATES

Two top insoles to help your running



### Sole Thin Sport £38, [yoursole.com](http://yoursole.com)

A mouldable support with a wicking top layer. The slim dimensions make these good for minimal footwear.



### 3Feet Activ

£30, [sidassport.com](http://sidassport.com)

These are trim-to-fit, come in three arch-support options (high, mid and low) and feature gel heel pods.



### Asics Gel DS Trainer 20 £107

This is a low-slung, fast shoe that aims to provide mild pronation support. Taking note of the subtle stability, Asics has made the sockliner removable so runners can add their own orthotics. It was among the most flexible shoes in the lab test and runners found it extremely responsive. There's little heel cushioning but the forefoot gave real bounce, and the new blown rubber outsole gripped brilliantly when cornering at speed. The shoe comes up a little small, so go up a half size.

**Bottom line** A multitasking speedster for mid-forefoot strikers.



**WEIGHT** 262g m, 220g w



### Brooks PureCadence 4 £110

Designed for overpronators who want to dip their toes into the world of minimalist shoes, this is lightweight and flexible. The fit around the midfoot has been made even snuggier than in previous versions, although wider-footed runners may find the last rather slim. The outer's ultra-soft mesh got the thumbs down when we sent our testers out in the rain, but the shoe's breathable qualities should come to the fore during your summer runs.

**Bottom line** For lighter overpronators looking for minimal stability.



**WEIGHT** 250g m, 205g w



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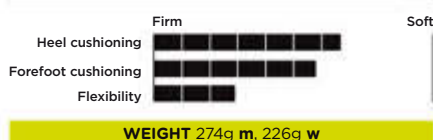




## Asics Gel Noosa Tri 10 £114

The famously jazzy Noosa aesthetics were not to everyone's liking here, but the shoe's technical qualities fared far better. Heavier runners loved the firm ride, while lighter testers felt the weight and moderate cushioning made it perfect for runs of five to 15 miles. The fit around the heel was variable, meaning some testers had to pull the elasticated laces quite tight but, as befits a well-regarded triathlon shoe, any moisture from puddles drained quickly.

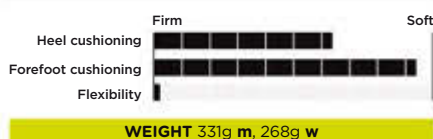
**Bottom line** High-arched runners will love this for mid-level mileage.



## Brooks Transcend 2 £150

This shoe provides a highly cushioned and incredibly plush ride to help you pound out the long miles. Although it was the heaviest and one of the least flexible shoes tested in the lab, our wear testers found that this translated to 'stable' and 'pleasingly firm' on the road. The guide rails round the outside of the midsole were also well received, providing solid but subtle support for those who need it, but not getting in the way for those who don't.

**Bottom line** A long-distance workhorse with a touch of stability.



## Steve Bush on the Hoka One One Clifton

**Age** 42 **Height** 5ft 10in **Weight** 13st  
**Weekly mileage** 15 **Years running** 5  
**Occupation** Delivery driver

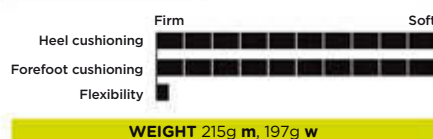
*'I felt like I was running in my socks and yet had the confidence to pick up my downhill speed, thanks to the support. I did some hard sessions and whether they were fast, long or steep the shoe came up tops.'*



## Hoka One One Clifton £100

For a maximal shoe that looks so chunky it's a testament to the job Hoka has done on the fit that two testers made the same remark – wearing the shoes 'felt like I was running in comfy socks', referring to the mix of cushioning and speed this shoe gives. The foot sits high off the ground (29mm at the heel and 24mm at the forefoot) but the overall drop of 5mm gives this a great blend of responsiveness and padding, and it proved adept across a variety of distances.

**Bottom line** Eats up the miles on long races and training runs.



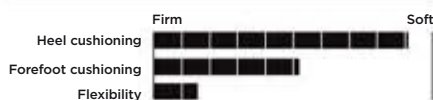




### Under Armour Speedform Gemini £110

This shoe offered a snug fit, with generous cushioning – especially in the heel – that gave a high level of comfort. It also performed well when it was put through its paces, with the midsole foam providing a satisfying energy return. The Speedform Gemini is pleasingly light, despite the padding, and our testers enthused about the satisfyingly locked-in feel of support it gave, thanks to the moulded, seamless heel cup.

**Bottom line** A comfy ride over any distance up to half marathon.



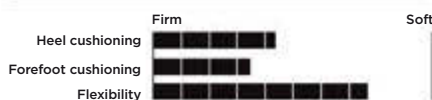
**WEIGHT** 288g m, 233g w



### Nike Free 3.0 Flyknit £130

Slipping into these is like pulling on a pair of reinforced socks – which is exactly what the Nike designers were aiming for. The one-piece knitted upper is compressive, while the sockliner inside follows the shape of your foot – the result of this is an exceptional fit. Unsurprisingly, its super-minimalist design made it among the lightest shoes in the review and our testers loved the high toe spring and 4mm heel drop, which encouraged them to get up on their toes and quicken their foot speed during interval training.

**Bottom line** Ideal for the fast and furious.



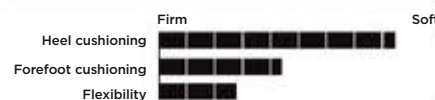
**WEIGHT** 171g (unisex)



### Newton Aha £100

This is Newton's high-mileage option from its range, each of which features distinctive lugs on the outsole. The lugs push back off the ground to give more energy return and Newton now has three strengths of 'pop'. The Aha is 'Pop 3', the least bouncy, giving it more appeal to those new to the brand. The lugs encourage a forefoot strike, but even heel-striking overpronators said the shoe was stable, comfortable and fast, although durability could be better.

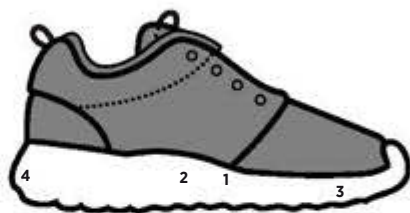
**Bottom line** A blend of speed and comfort, so this is a good half-marathon option.



**WEIGHT** 233g m, 187g w

## WEAR & TEAR

How to tell when it's time to replace your running shoes



**1** Test stability: twist the shoes to see if they're as rigid as when you bought them. If not, lateral support is gone.

**2** Creases and wrinkles on the midsole – the shoe doesn't feel as cushioned, leading to heel, shin or ankle pain.

**3** The outsole is worn down either on the heel or forefoot, depending where you strike the ground.

**4** If you overpronate, the cushioning on the inside of the heel will be more compressed than on the outside.

● A supportive shoe needs to be replaced sooner than a neutral one, as a medial support post in the midsole is one of the first things to break down.

● The best way of finding out is to try on the same model in a shop to see if there is a difference in comfort.

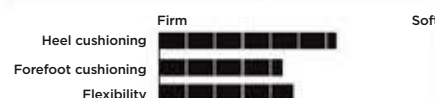
● The benchmark for a shoe's lifespan is 500 miles, at most. Heavier runners should check their shoes after 300 miles.



### Brooks Pure Connect 4 £100

The most minimal of the models in the Pure Project range of stripped-down shoes is back. Version three was a popular shoe, so it's good to see that Brooks hasn't tinkered too much here. However, by doing away with a little weight, sculpting the inside of the shoe more closely to the foot and lifting the toe spring a little, the designers have made an already fast shoe even speedier, and all the while providing an impressive level of cushioning.

**Bottom line** Low weight and race-day comfort for narrow-footed runners.



**WEIGHT** 226g m, 192g w





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# RACE

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## CAPITAL IDEA

The Run Hackney Half  
is good news for London,  
says **Kerry McCarthy**







MASS APPEAL  
And not a waxed  
moustache in sight

**F**or a huge capital city, London doesn't have as many mass-participation races as you'd expect. Until last year, only the London Marathon, the Royal Parks Foundation Half Marathon and the British 10K attracted more than 10,000 runners, so the Run Hackney Half Marathon is a welcome addition to the capital's list of big races. Although 'only' 9,500 runners toed the line, about 12,500 registered for the race, so the future looks bright for this already vibrant event.

Last year's inaugural race was an impressive effort and there was much for the organisers to be pleased with. Their first achievement was in identifying Hackney as a suitable location. Unlike other events in the capital, it doesn't take runners past the usual collection of famous landmarks; rather, it sticks to east London, showcasing the centre of a borough that, while now known for its creative types and bearded hipsters, has a rather regal past: members of Henry VIII's Court built their homes in Hackney – including his Secretary of State Ralph Sadleir, whose Sutton House dates back to 1535. The Grade II-listed house stands at the one-mile mark.

The majority of the route was well put together, with the start on the vast green expanse of Hackney Marshes, allowing for a large race village with plenty of amenities. From the gun we followed a zigzagging anticlockwise route that took in Hackney Downs, Victoria Park, the Olympic Park and Hackney Wick, before returning to the Marshes for the finish.

The first few miles passed smoothly, though it was extremely fortunate that the locals had come out in force – their loud and consistent encouragement was a key factor for runners who were suffering in the 27C June heat, particularly since there wasn't enough water en route. Problems can arise when drinks stations are positioned on one side of the road only, and so quite a few runners – myself included – took one look at the crush that had formed at the first station, at mile three, and carried straight on without stopping.

A positive and supportive vibe was notable throughout the race – there was none of the jostling you sometimes see at big races. Some runners were obviously

I got the strong impression that most people were just there to enjoy themselves

pushing for a PB, but I got the strong impression that most people were just there to enjoy themselves.

Between miles four and five we ran past the Hackney Empire, a monument to British theatrical talent: it was graced by the likes of Stan Laurel and Charlie Chaplin in its early years and many leading acts in the UK's 1980s alternative comedy boom, including Ben Elton and Harry Enfield, also appeared there.



WHAT'S THAT  
OVER THERE?  
I think it's a hipster  
who's lost his way  
XXXXXXXXXX

## THE RUNDOWN

### Run Hackney Half Marathon

London (2014 stats)

**First man** Peter Emase **1:04:18**

**First woman** Gladys Yator **1:15:30**

**Last finisher** 4:17:17

**Starters/finishers** 9,656/9,536 (98% finished)





## ST ALBANS HALF MARATHON

Herts, June 14

Route-wise, runners get the best of both worlds with this one, as they get to admire the lovely Georgian architecture of the town centre and then experience some of the (rather hilly) surrounding countryside.



## CANTERBURY HALF MARATHON

Kent, August 31

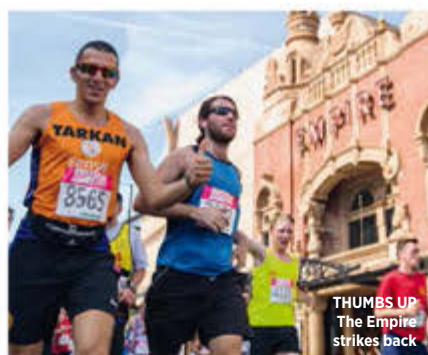
This race takes place on the August bank holiday, so what better way to spend your extra day off than by pootling round one of the more bucolic parts of Kent. It attracts around 700 participants, which is a very manageable number, but the course, though it follows quiet country lanes, is challenging.



## EALING HALF MARATHON

London, September 27

This featured in our Top 50 races of 2014. It's a PB-friendly one-lap trip round one of west London's leafier suburbs and it takes places on closed roads. The flat route and 20,000-strong crowd make this one a great option for half-marathon first-timers.



The course of the Hackney Half is described as flat but don't be fooled: by the halfway mark we'd already tackled three or four undulations, the unobtrusive sort that you don't notice until you wonder why you're finding the going a bit tough – then you look back down the road and see that you've actually been on an incline for the past few hundred metres.

Just after the halfway point we passed through the noisiest part of the course, at London Fields, or hipster central. On narrow Mare Street we ran a gauntlet of

skinny jeans, vintage tees, luxuriant beards, button-down shirts, flowery dresses and outsized spectacles.

After skirting around the outside of beautiful Victoria Park it was into the Olympic Park for miles 10-12, where runners got a shot of inspiration just as they were tiring, passing by the Velodrome, the Copper Box Arena and the Olympic Stadium itself.

The downside was that the organisers had made this section a series of twists and turns to fit as much of the route inside the park as they could – which was hard on cramping legs and made worse by the lack of shelter from the blazing sun. Fortunately, the organisers have tweaked the course for this year.

As we approached Hackney Marshes once more I gladly soaked up the noisy encouragement from the crowds, kicking for home when I saw the 13-mile marker – so it was a disappointment to realise that it had been wrongly positioned and there was still about a quarter of a mile to go, rather than a mere 160m.

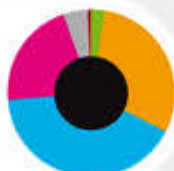
However, those irritations faded quickly at the finish, where there was plenty of room for runners to sunbathe on the grass, grab some food and enjoy the music pumping out of the sound system. And those who went on to explore the area were delighted to find quite a few pubs offering a free pint to red-faced customers sporting a race medal.

To their credit the organisers quickly set about fixing the first-year glitches. They've moved the event to a cooler time of year – May – and this year's race will also have accurate mile markers, more water stations, mist showers, on-course bands, a technical tee for every finisher, an improved medal, a text with your finishing time and – most welcome – massage facilities at the finish. Add those changes to an event that already has a solid infrastructure in place – as well as an interesting route – and you've got an event well worth adding to your race schedule.

● **Run It** The 2015 Run Hackney Half Marathon is on May 10 ([runhackney.com](http://runhackney.com))

### Finishing stats

1:00-1:29 2.7%  
1:30-1:59 30%  
2:00-2:29 41%  
2:30-2:59 21%  
3:00-3:29 4.5%  
3:30-3:59 0.76%  
4:00-4:29 0.04%







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**START** You begin in the tiny village of Chop Gate, which lies 20 miles south of Middlesbrough and has a single pub, the Buck Inn (A). You'll begin with a steep climb onto the North York Moors, a National Park.

**MILE 5** You soon pick up the Cleveland Way, the 110-mile path from Helmsley to Filey. You'll pass several disused quarries, where minerals such as iron ore were once excavated.

**MILE 7** Look out for Roseberry Topping (B), the 320m hill whose distinctive summit has been compared in shape to that of the mighty Matterhorn in Switzerland.

**MILE 8** Here you'll drop down to Lord Stones, a country park that offers campers the chance to sleep in yurts and pods.

**MILE 11** After conquering the climbs known locally as the 'three sisters' you scramble over the rocky outcrop of the Wainstones themselves. Legend has it that a Viking chief was defeated and slain here by the Saxons.

**MILE 12** Back on the Cleveland Way, you reach Urro Moor, highest of the North Yorkshire Moors. Its peak is the 454m Round Hill.

**MILE 17** After refuelling with much-needed flapjacks at the checkpoint, you now follow the former railway line, which transported minerals around the moors until the industry's decline in the 19th century. You can get in some fast miles on this flat, shale-covered section, but don't forget to enjoy the striking scenery over the next few miles (C).

**MILE 24** You get some respite from the open moorland at Tripsdale, where you descend before crossing a stream via a stone bridge. There's a tough climb on the other side.

**FINISH:** After 10 testing climbs, relief is near as you pass a final farm and head along the road that takes you to the finishing line.

### INSIDE STORY

Jon Steele says: 'The Wainstones is one of six events we at the Hardmoors Race Series organise in this area. This will be its third year, and it looks like we'll have an entry increase again. It has become a standing joke that the distance of the race is never less than 26.2 miles, but can often be longer. I tinker with the route, as I'm always keen to include lovely parts, even though it might add a little distance. There are lots of tough climbs and technical descents along rough tracks and more solid paths. It's often on the same weekend as the London Marathon, but it couldn't be more of a contrast. Here you can go for hours without seeing anyone.'

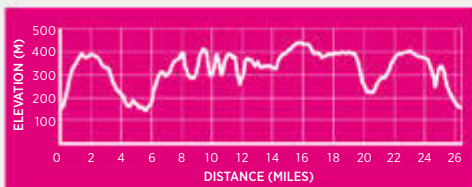
● **Run it** The 2015 race is on April 12. Visit [runnersworld.co.uk/wainstones](http://runnersworld.co.uk/wainstones)

### THE RUNDOWN

Wainstones Trail Marathon  
Chop Gate, Yorkshire (2014 stats)  
**First man** Jayson Cavill 3:35:56  
**First woman** Charmaine Horsfall 4:12:50  
**Starters/finishers** 81/80 (99%)

#### Finishing stats

3:30-4:30: 8%  
4:30-5:00: 9%  
5:00-6:00: 43%  
6:00-7:00: 29%  
7:00-8:00: 11%







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or call (01246) 2365566 for more details







## Take your pick

## Spoilt for choice

There's no need to be even slightly jealous of those running the London Marathon – there's no shortage of cracking races of all distances for you to tackle this month

### April 3

#### Maidenhead Easter 10M

##### Berkshire

This race circles White Waltham Airfield, which hosted a huge acid-house rave in 1989 and was dubbed Ecstasy Airport by *The Sun* newspaper. So if you're in search of a runner's high, this could be just the spot, although it'll be the country air and honest toil that'll take you there.

[Runnersworld.co.uk/maideaster10](http://Runnersworld.co.uk/maideaster10)



MAIDENHEAD EASTER 10M  
In search of a runner's high

#### Great Welsh Marathon

##### Carmarthenshire

According to the organisers, 60 per cent of runners beat their PB at this event. If that statistic doesn't tempt you, then perhaps the sea views will, or the two-lap course, which ensures you get plenty of support from family, friends and random well-wishers.

[Runnersworld.co.uk/greatwelshmara](http://Runnersworld.co.uk/greatwelshmara)

#### Newcastle Conquer The Forest Challenge

##### Northumbria

Staged in Northumberland National Park, this event (choose from 10K or 10 miles) is tough: there are no man-made obstacles, but Mother Nature has provided mud, fallen trees and steep climbs – and even the flat parts of the route are described as 'undulating'.

[Runnersworld.co.uk/conquerforest](http://Runnersworld.co.uk/conquerforest)

### April 12

#### Angus Ham

##### Tayside

Taking you on a picturesque – and hilly – route around the outskirts of Dundee, this is one of only a handful of Scottish spring half marathons. It starts and finishes in Monikie Country Park, making it perfect for a post-race picnic.

[Runnersworld.co.uk/angusham](http://Runnersworld.co.uk/angusham)

### April 18

#### The Sussex Maverick Original

##### Sussex

A rugged off-roader in the grounds of the swanky Cowdray Estate and around the South Downs, with three distances to choose from – 11K, 16K and 24K. From a Victorian mansion (Cowdray House) to towering hills to sandy tracks, this race has a little of everything – including a prize for the best supporter.

[Runnersworld.co.uk/maverick](http://Runnersworld.co.uk/maverick)



NEWCASTLE CONQUER THE FOREST CHALLENGE  
Nature will have her way

### April 26

#### Southampton Half Marathon

##### Hampshire

Southampton hasn't had a major road race to boast about for some time but that's changed with the launch of this half marathon (there is also a 10K option). The route takes runners past St Mary's football stadium, Bargate (a Grade I-listed medieval gatehouse) and over Itchen Bridge, where runners will be rewarded with great views across the Solent.

[Runnersworld.co.uk/sotonhalf](http://Runnersworld.co.uk/sotonhalf)

#### Rotary Shakespeare Marathon

##### Warwickshire

This is the Midlands' answer to the London Marathon and runners who don't like getting their elbows out may prefer it, because there's plenty of room to overtake. However, grit is also required because participants have to face the same challenging hill twice.

[Runnersworld.co.uk/shakespeare](http://Runnersworld.co.uk/shakespeare)





You probably haven't heard of the Tórshavn Marathon, but it's a race well worth the journey to the Faroe Islands (head for Scotland and keep going northwest)



The Faroe Islands lie about halfway between Scotland and Iceland, in one of the stormiest parts of the North Atlantic. This remote and wind-lashed archipelago of 18 islands is possibly the last place in Europe you could imagine staging a marathon. But the capital, Tórshavn, on Streymoy, the largest of the islands, has done just that for the past 12 years.

The Faroese have a stoical, laid-back, attitude – the islands are sometimes known as ‘the land of maybe’, as in, maybe it’ll happen, maybe it won’t, depending on the weather – but the race began bang on time, with the 50 marathoners (including six from the UK) joined by over 100 taking on the half.

The twisting route took us along a pristine coastal road to the tunnel that connects Streymoy to the neighbouring island of

Eysturoy. Most of the archipelago’s islands are joined this way, a wildly expensive scheme that has cost the Danish government handsomely (the Faroes are a self-governing region of Denmark), but now means that 87 per cent of the country is connected.

A low fog was present much of the time, giving the place a mystical, briny air. But when it cleared it revealed one of the most stunning landscapes you could ever hope to see; how often do you get to run past waterfalls during a marathon?

The mist had a mixed effect: it was oddly refreshing and tasted sweet, but it turned everyone’s race number to mush, with many falling off as we returned to the town, passing by houses topped with the striking grass roofs that have been a feature here since the islands were settled by the Vikings.

In fact, much of what I saw felt unspoilt. The day after the race I visited the beautiful river valley of Saksun, which looked like a shire from *The Hobbit*. There were no shops there. No cafes. No people. Just natural wonder. And some sheep.

The race director enthusiastically called out my name by loudhailer as I crossed the finish line and then he asked me if I’d enjoyed the marathon. I had – very much – and, in truth, the low, shrouding mist added to the pleasantly disorienting feeling that I’d chanced upon a secret race somewhere on the edge of nowhere. I heartily recommend it.

● **Run it** The 13th Tórshavn Marathon takes place on Sat, June 13 ([torshavnmarathon.com](http://torshavnmarathon.com)).

## THE RUNDOWN

### Tórshavn Marathon

Faroe Islands (2014 stats)

**First man** Cecil Weihe  
2:50:19

**First woman** Rigmor  
Napoleonsdóttir Arge  
3:22:35

**Last finisher** 5:28:26

**No of finishers** 50 (100%)

### Finishing stats

2:00-2:59 4%  
3:00-3:59 58%  
4:00-4:59 28%  
5:00-5:59 10%



## THE LOWDOWN

## How to get to the Faroe Islands and what to do there



### GET THERE

Airways flies direct from Edinburgh to Vágar, the islands’ only airport ([atlantic.fo](http://atlantic.fo)).



### STAY

Hotel Tórshavn ([hoteltorshavn.fo](http://hoteltorshavn.fo)) is a boutique spot just steps from the start line (from £94 per person per night). Bladypi Guesthouse ([faroeislandshotels.com/bladypi.htm](http://faroeislandshotels.com/bladypi.htm)) has rooms from £50 per night and hostel dorms from £25.



### SEE

Take a boat trip to Vestmanna ([visit-vestmanna.com](http://visit-vestmanna.com)), where you can spot puffins and kittiwakes. Or just look around.



### FUEL

Finding Faroese cuisine (semi-dried mutton or boiled seagull, anyone?) in restaurants may be difficult, but Hafnia ([hafnia.fo](http://hafnia.fo)) serves hearty and elegantly presented fare such as lamb, beef and red deer, while Etika ([etika.fo](http://etika.fo)) offers a fusion of Japanese and Scandinavian sushi.



### WARM-UP

Take a pre-race trot around Tórsvøllur national football stadium in the north of Tórshavn.



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and comfort  
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TRAIL

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# RACE FINDER

THE BEST UK EVENTS IN APRIL

## Your top rated

April's best races, as voted for by you\*

**1**  
**97%**

•TRAIL •RURAL •HILLY  
**Compton Downland Challenge 40**

**When?** April 4  
**Where?** Berkshire  
Earn your Easter eggs by entering this punishing trail race (there's a 20-mile option, too). The views are magnificent, the hills are outrageous and the sense of achievement is unmatched. **p137**

**2**  
**92%**

•ROAD •RURAL  
**Balfour 10K**

**When?** April 26  
**Where?** Stirlingshire  
This meticulously organised and beautiful road race (full name: The Mulberry Bush Montessori Balfour 10K) attracts a field of over 600 to run a course that contains just the right mix of hills and flat sections to make it attractive to beginners and experienced runners alike. **p140**

**3**  
**87%**

•TRAIL •RURAL •HILLY  
**Ridge Off-Roader**

**When?** April 26  
**Where?** Buckinghamshire  
Four different distances (10K, 6.5K, 2K, 1K) make this a great option for a family outing. The multiterain route along tracks and bridleways is lots of fun - and your £14 entry fee will also get you a decent goody bag, a medal and an optional post-race massage. **p140**

**4**  
**86.6%**

•ROAD •URBAN •FLAT  
**Brighton Marathon**

**When?** April 12  
**Where?** East Sussex  
Make a weekend of it on the south coast by first running the UK's second-largest marathon and then seeing how much fish, chips and candyfloss one 26.2 runner can stomach. **p138**

**5**  
**86.3%**

•ROAD •URBAN •FLAT  
**Asics Greater Manchester Marathon**

**When?** April 19  
**Where?** Manchester  
This urban flyer is the flattest 26.2 in the country, with just 50m of climb. With 10,000 runners it qualifies as a big-city race, but it's not so crowded that you'll get your feet stepped on. **p139**

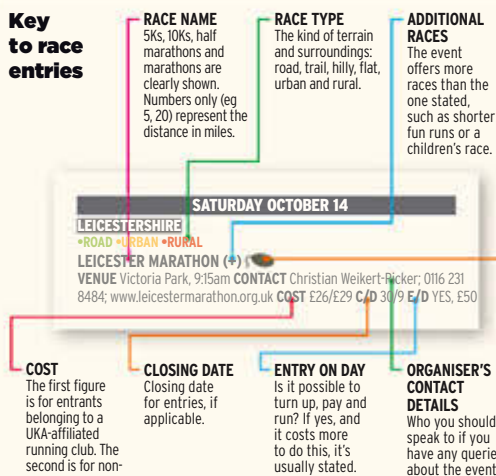
\*taken from RW Online 2014 ratings

## How to use Race Finder

It's pretty easy - just follow the key below. Calendars at the ready!

Race Finder lists UK races that take place during the month stated on the cover at the least. This issue features races from **Thursday, April 2** to **Monday, May 4**. Simply look up when you want to race and find that day's events listed by region. Info is provided by race organisers and may be edited because of limited space. Find more extensive listings and an interactive search tool at **runnersworld.co.uk/events**. Just log on and sign up!

### Key to race entries



### RW online entry

Signing up for events marked with this flash couldn't be simpler.

- ➔ Go to **runnersworld.co.uk/events** and search for the race you want to enter by name.
- ➔ Click 'Enter Online'.
- ➔ Select the category of race you wish to enter (whether you are affiliated to a running club or non-affiliated).
- ➔ Enter your details and pay online.
- ➔ Then you'll be sent a confirmation email. It's as simple as that.

### THURSDAY APRIL 2

#### WARWICKSHIRE

•TRAIL •RURAL •FLAT  
**2ND CANAL ULTRA**

VENUE Mary Arden Inn, The Green, Wilmcote, Stratford-upon-Avon, 8am CONTACT Christopher Seeney; 07982 240 521; 01386 642186; chrisseeney63@gmail.com; www.broadmeadowruns.co.uk COST £30/£32 E/D NO

### FRIDAY APRIL 3

#### BERKSHIRE

•ROAD •RURAL

**MAIDENHEAD EASTER 10M**

VENUE Maidenhead Office Park, Westacott Way, Maidenhead, 9:30am CONTACT Maidenhead Easter Ten; mten@maidenhead.co.uk; www.maidenhead.co.uk/home COST £18/£20 C/D 27/3 E/D NO

#### DEVON

•ROAD •FLAT

**FAST FRIDAY 10K (+)**

VENUE Exwick Playing Fields, Exeter, 10:30am CONTACT City Runs; mail@city-runs.co.uk; www.city-runs.co.uk COST £12/£14 C/D 1/4 E/D YES, +£2

#### GREATER MANCHESTER

•TRAIL

**EPILEPSY ACTION EASTER BUNNY HOP 5K**

VENUE Heaton Park, The Farm Centre, Manchester, 10am CONTACT Kevin Byrne; 0161 300 2382; 07867 497 561; kbyrne@epilepsy.org.uk; epilepsy.org.uk/easterbunnyhop COST - E/D NO

•ROAD •URBAN •FLAT

**SALFORD 10KM**

VENUE Salford Sports Village, Littleton Road, Salford, 10am CONTACT Paul Stephens; salfordharriers@hotmail.co.uk; www.bookitzone.com/bob\_towell/P82FFX COST £12/£14 C/D 27/3 E/D YES, +£2

#### KENT

•ROAD •RURAL •FLAT

**FOLKESTONE 10 MILLER (+)**

VENUE The Green, Hythe, 11am CONTACT Jon Turbutt; www.folkestonerunningclub.co.uk COST £16/£18 C/D 27/3 E/D YES, +£2

#### SUFFOLK

•ROAD •URBAN •RURAL

**SUDBURY FUN RUN WALK**

VENUE Station Road, Sudbury, 9:20am CONTACT Lisa Dalton; entries@sudburyfunrun.co.uk; sudburyfunrun.co.uk/ COST £6 C/D 28/3 E/D YES

#### WARWICKSHIRE

•TRAIL •URBAN •RURAL

**GOOD FRIDAY MARATHON**

VENUE Stratford-upon-Avon Cricket & Sports Club, Swans Nest Lane, Stratford-upon-Avon, 8am CONTACT Christopher Seeney; 07982 240 521; 01386 642 186; chrisseeney63@gmail.com; www.broadmeadowruns.co.uk COST £33/£35 C/D 1/1 E/D NO

#### WYKSHIRE

•ROAD

**BRIDLINGTON EASTER 5 MILE DASH (+)**

VENUE Lime Kiln Lane Car Park, Lime Kiln Lane, Bridlington, 10am CONTACT Martin Burke; 01797 230 009; info@nice-work.org.uk; www.nice-work.org.uk COST £13/£15 C/D 16/3 E/D YES, +£2

### SATURDAY APRIL 4

#### BERKSHIRE

•TRAIL •RURAL •HILLY

**COMPTON DOWNLAND CHALLENGE 40 (+)**

VENUE The Downs School, Manor Crescent, Compton, Newbury, 9am CONTACT Lucy Gettings; 01635 578 536; downlandchallenge@comptonharriers.org.uk; comptonharriers.org.uk COST £18/£19 E/D YES, £25

•ROAD •FLAT

**RUN ETON DORNEY 10K (+)**

VENUE Eton Dorney Rowing Lake, Eton Dorney, Nr Windsor, 1:30pm CONTACT Benedict Mason; 07540902612 (day); events@votwo.co.uk; www.votwo.co.uk COST £18 E/D YES, +£2

#### DERBYSHIRE

•ROAD •FLAT

**NO WALK IN THE PARK 5K (+)**

VENUE Queen's Park, Cricket Pavilion, Chesterfield, 9:30am CONTACT John Cannon; 01246 566 458; j.cannon846@btinternet.com; northderbyshircrjmdo.com/ COST £3/£5 E/D ONLY

•ROAD •FLAT

**NO WALK IN THE PARK 5K (+)**

VENUE Queen's Park, Cricket Pavilion, Chesterfield, 9:30am CONTACT John Cannon; 07902 249 316; 01246 566 458; j.cannon846@btinternet.com; northderbyshircrjmdo.com/ COST £3/£5 E/D ONLY

#### DORSET

•ROAD •URBAN

**EASTER QUARTER MARATHON**

VENUE Prom East of Boscombe Pier, Bournemouth, 11am CONTACT Keith Loveless; 01202 393 407; 01202 880 199; 07768 197 095; easterquarter@gmail.com; www.eastcliffrotary.org COST £10/£12 C/D 28/3 E/D YES, +£2

#### HERTFORDSHIRE

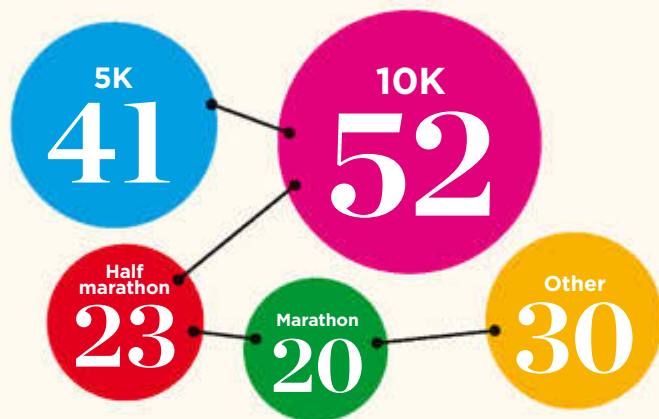
•TRAIL

**FIRST SATURDAY OF THE MONTH 5K**



# Going the distance

April's 166 events broken down by distance



**VENUE** Letchworth Common, Norton Way North, Letchworth Garden City, 9am **CONTACT** richard.harborn; 07717 201139; richard.harborn@herts.pnn.police.uk; www.nhrr.org **COST** £2 **E/D** Only

## NORTHAMPTONSHIRE

•TRAIL •URBAN •RURAL

### EASTER RUN AROUND THE RESERVOIR MARATHON TRIPLE DAY 1

**VENUE** Holiday Inn Hotel, Bedford Road, Northampton, 9am **CONTACT** Linda Major; 07725 215 152; madeyarun@hotmail.co.uk; www.madeyarun.com **COST** £20/£21 **E/D** NO

## SUSSEX

•TRAIL •HILLY

### THE FRISTON FOREST ADDER 10 MILE CHARITY TRAIL RUN (+)

**VENUE** Friston Forest, Littleton Road, Seaford, 9am **CONTACT** Graham Lee; mdp-triathlon@hotmail.co.uk; www.multipoint-management.com **COST** £12/£13 **E/D** YES, +£5

## WALES

•ROAD •URBAN •FLAT

### LLANDUDNO EASTER 5K PROMENADE DASH (+)

**VENUE** The Promenade, Llandudno, 10:30am **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £10/£12 **C/D** 2/3 **E/D** YES

## SUNDAY APRIL 5

### BUCKINGHAMSHIRE

•ROAD •FLAT

#### MARATHON PREP RUN 2015

**VENUE** Dorney Lake, Windsor, 9:45am **CONTACT** Craig Thornton; 07740 554190; info@theraceorganiser.com; www.theraceorganiser.com/marathon-prep.html **COST** £16/£18 **C/D** 1/4 **E/D** YES, £20

•ROAD •URBAN •FLAT

#### BLACKBURN PRE VLM 20 MILE

**VENUE** Hilton Hotel, North Promenade, Blackpool, 9:30am **CONTACT** Lewis McAndrew; admin@fyldecoastrunning.org; www.fyldecoastrunning.org **COST** £22/£24 **C/D** 14/11 **E/D** YES, +£10

## LONDON

•ROAD

### REGENTS PARK RACES SUMMER 10K 6 RACE GRAND PRIX SERIES

**VENUE** The Hub, Regent's Park, London, 9:30am **CONTACT** Maurice Raynor; 07713 327 690; mauriceraynor@gmail.com; regentsparkraces.org **COST** £82.50/£93.50 **C/D** 1/4 **E/D** YES, £15/£17

## NORFOLK

•ROAD •RURAL

#### TROWSE 10K

**VENUE** Norfolk Snowsports Club, Whittingham Lane, Trowse, Norwich, 9am **CONTACT** Richard Polley; trowse10k@conac.org.uk; conac.org.uk/trowse-10k/ **COST** £13/£15 **E/D** NO

## NORTHAMPTONSHIRE

•TRAIL •URBAN •RURAL

### EASTER RUN AROUND THE RESERVOIR MARATHON TRIPLE DAY 2

**VENUE** Holiday Inn Hotel, Bedford Road, Northampton, 9am **CONTACT** Linda Major; 07725 215 152; madeyarun@hotmail.co.uk; www.madeyarun.com **COST** £20/£21 **E/D** NO

•TRAIL •FLAT

#### NORTHAMPTON RUN FEST MARATHON (+)

**VENUE** Delepre Abbey, Northampton, 10:10am **CONTACT** Postal Entries; 0771945963; 07747 803 090; admin@gobeyondchallenge.co.uk; gobeyondsport.co.uk **COST** £27 **C/D** 2/4 **E/D** YES, +£3

## STAFFORDSHIRE

•TRAIL

#### THE CHASEWATER EASTER EGG 10K (+)

**VENUE** Chasewater Country Park, Pool Lane, Burntwood, 10:30am **CONTACT** Martin Burke; 01797 230009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £13/£15 **E/D** YES, +£2

## WALES

•ROAD •RURAL •FLAT

#### PENDINE HALF MARATHON (+)

**VENUE** Pendine Sands, Pendinbe Sands, Pendine, 9am **CONTACT** Steven Worrall; 01299 250834; 07860 418040; info@ultrarunningltd.co.uk; www.ultrarunningltd.co.uk **COST** £29 **C/D** 20/3 **E/D** NO

•ROAD •URBAN •RURAL

#### TEIFI 10 MILE

**VENUE** Rugby Club, North Road, Lampeter, Noon **CONTACT** Wendy Davies; 01570 481 153; 07816 111 026; teulu.caerwenog@tiscali.co.uk; www.sarnhelen.org.uk **COST** £10/£12 **C/D** 28/3 **E/D** YES

## WEST MIDLANDS

•ROAD

#### MASSEY FERGUSON EASTER SUNDAY 5

**VENUE** Coventry War Memorial Park, Kenilworth Road, Coventry, 10am **CONTACT** James Towey; news@masseyrunners.org.uk; www.masseyrunners.org.uk - on-line entries at runbritain **COST** £10/£12 **C/D** 1/4 **E/D** YES, +£2

## YORKSHIRE

•TRAIL •RURAL

#### GUISELEY GALLOP 10K TRAIL RACE

**VENUE** West Side Retail Park, Guiseley, Leeds, 10:30am **CONTACT** Guiseley Gallop; 07779 748 301; peterrawnsley@btinternet.com; www.skyrac.org.uk **COST** £9/£11 **C/D** 30/3 **E/D** YES, +£2

## MONDAY APRIL 6

### LONDON

•ROAD •FLAT

#### LONDON EASTER 10K (+)

**VENUE** The Hub, Regents Park, London, 10:30am **CONTACT** Martin Burke; 01797 230 009; info@nice-work.org.uk; www.nice-work.org.uk **COST** £18/£20 **C/D** 30/3 **E/D** YES, £20/£25

## NORTHAMPTONSHIRE

•TRAIL •URBAN •RURAL

#### EASTER RUN AROUND THE RESERVOIR TRIPLE MARATHON DAY 3

**VENUE** Holiday Inn Hotel, Bedford Road, Northampton, 9am **CONTACT** Linda Major; 07725 215 152; madeyarun@hotmail.co.uk; www.madeyarun.com **COST** £20/£22 **E/D** NO

## WALES

•TRAIL •RURAL •HILLY

#### GILWERN GRUNT

**VENUE** Brynmawr Foundation school, Brynmawr, 11am **CONTACT** Paul Dodd; admin@rogueruns.co.uk; www.rogueruns.co.uk **COST** £12/£14 **C/D** 30/3 **E/D** YES, +£2

## WEDNESDAY APRIL 8

### HEREFORDSHIRE

•ROAD •URBAN •FLAT

#### HEREFORD COURIERS SPRING 5K SERIES (+)

**VENUE** Hereford Leisure Centre, Holmer Road, Hereford, 7:15pm **CONTACT** Max Sutt; 07989 147 969; maxsutt@yahoo.co.uk; www.herefordcouriers.wordpress.com **COST** £3/£5 **E/D** YES, +£2

## THURSDAY APRIL 9

### KENT

•ROAD

#### THE GRAVESEND FLOODLIT 10K SERIES (+)

**VENUE** Cyclopark, The Tollgate, Wrotham Road, Gravesend, 7:30pm **CONTACT** Martin Burke; 01797 230 009; info@nice-work.org.uk; www.nice-work.org.uk **COST** £8/£10 **E/D** YES, +£2

## FRIDAY APRIL 10

### SCOTLAND

•ROAD •URBAN

#### 2XU JOGLE

**VENUE** From John O'Groats to Lands End, Caithness, 9am **CONTACT** Steven Worrall; 01299 250 834; 07860 418 040; info@ultrarunningltd.co.uk; www.ultrarunningltd.co.uk **COST** £2200 **C/D** 10/3 **E/D** NO

## SATURDAY APRIL 11

### DEVON

•TRAIL •RURAL •HILLY

#### ENDURANCELIFE COASTAL TRAIL SERIES: STAGE 8 - EXMOOR MARATHON (+)

**VENUE** Lynmouth, 9am **CONTACT** James Barker; 01548 312 314; support@endurancelife.com; www.endurancelife.com **COST** - **E/D** NO

## DORSET

•TRAIL •RURAL

#### THE ONER

**VENUE** Portland, Midnight **CONTACT** Brutal Events; 07968 976 116; info@brutalevents.co.uk; www.brutalevents.co.uk **COST** £180 **E/D** YES, +£5

## LINCOLNSHIRE

•TRAIL •RURAL

#### CAYTHORPE CANTER 26 MILES (+)

**VENUE** Caythorpe Playing Field, Old Lincoln Road, Caythorpe, 8:30am **CONTACT** David Dorey; pfcommittee2014@gmail.com; www.caythorpe.org **COST** £15 **C/D** 10/4 **E/D** YES, +£5

## OXFORDSHIRE

•TRAIL •RURAL

#### RUN THE OXFORD PARKS! TRY ORIENTEERING AT SHOTOVER COUNTRY PARK

**VENUE** Shotover Country Park, Old Road, Headington, Oxford, 10am **CONTACT** Mike Shires; publicity@tvoc.org.uk; www.tvoc.org.uk **COST** £4/£6 **E/D** ONLY

## SOMERSET

•TRAIL •RURAL

#### BATH BEAT 26.5 (+)

**VENUE** Ralph Allen School, Claverton Down, Bath, 8:30am **CONTACT** Stan Johnston; thebathbeat@hotmail.com; www.thebathbeat.co.uk **COST** £8 **E/D** YES, +£4

## SUNDAY APRIL 12

### AVON

•ROAD •URBAN

#### FRENCHAY 10K

**VENUE** UWE Glenside Campus, Blackberry Hill, Bristol, 11am **CONTACT** Chris Green; 01797 561 049; randk.hadden@gmail.com; www.frenchay10k.co.uk **COST** £13/£15 **E/D** YES, £18

## BEDFORDSHIRE

•ROAD •RURAL

#### SANDY 10M (+)

**VENUE** Sandy Sports Centre, Engayne Avenue, Sandy, 10:30am **CONTACT** Sandy Ten; 01767 682 251; 07770 823 148; enquiries@sandy10.org.uk; www.sandy10.org.uk **COST** £13/£15 **C/D** 5/4 **E/D** NO

## CAMBRIDGESHIRE

•TRAIL •RURAL

#### CAMBRIDGE CAMBOURNE 10K (+)

**VENUE** Cambourne Business Park, Cambourne, Cambridge, 11am **CONTACT** Entries 10k; entries@cambridgefestivalofrunning.com; www.cambridgefestivalofrunning.com/ **COST** £14/£16 **E/D** NO

•TRAIL

#### GO INSANE AT PETERBOROUGH

**VENUE** Grange Farm, Wittering Grange, Wansford, Peterborough, 10am **CONTACT** Ashley Edwards; 07785 117 630; ashley@insaneterrainrunning.com; www.insaneterrainrunning.com **COST** £36 **C/D** 1/4 **E/D** YES, +£14

## CHESHIRE

•TRAIL •RURAL

#### THE SUFFERING 10KM @ ARLEY HALL, CHESHIRE

**VENUE** Arley Hall & Gardens, Northwich, noon **CONTACT** Richard Palmer; 07793 030 249; hello@ultimate-adventures.co.uk; www.thesufferingrace.co.uk/ocrr/arley-hall/10km-spring/ **COST** £38 **E/D** YES

## DERBYSHIRE

#### HAGLOFS OPENS ADVENTURE RACE -PEAK DISTRICT, DERBYSHIRE

**VENUE** Edale Village Hall, Edale, 9:30am **CONTACT** Nicki Barron; 01539 531 048 [day]; nicki@openadventure.com; www.openadventure.com/open5/ **COST** £28 **E/D** YES, +£7

## DEVON

•TRAIL •FLAT

#### EXETER CITY 10K

**VENUE** Dukes Meadow Sports Park, Salmon Pool Lane, Exeter, 11am **CONTACT** Mark Caswell; 07977 831 519; mark.caswell1@btinternet.com; www.mccpromotions.com **COST** £13 **C/D** 6/4 **E/D** YES

## GREATER MANCHESTER

•TRAIL •URBAN •RURAL

#### RADCLIFFE 10K MULTI TERRAIN RACE

**VENUE** Cams Lane Primary School, Harper Fold Road, Radcliffe, 11am **CONTACT** Chemane Brier; markrun1@hotmail.com; www.radcliffeac.org.uk **COST** £6/£8 **E/D** YES, +£1

## HEREFORDSHIRE

•TRAIL •RURAL

#### MAGNIFICENT EASTNOR CASTLE 7

**VENUE** Eastnor Deer Park, Eastnor, Ledbury, 11am **CONTACT** Duncan Cresswell; duncancresswell@btinternet.com; www.ledburyharriers.org.uk/magnificent-eastnor-castle-7.html **COST** £10/£12 **C/D** 7/4 **E/D** YES

## KENT

•TRAIL •RURAL

#### GOUDHURST 10K (+)

**VENUE** Risebridge Health & Sports Club, Risebridge Farm, Peasley Lane, Goudhurst, 10:30am **CONTACT** Martin Burke; 01797 230009; info@nice-work.org.uk; www.nice-work.org.uk **COST** £13/£15 **C/D** 5/4 **E/D** YES, +£2

## LANCASHIRE

•ROAD •URBAN •RURAL •FLAT

#### 3 BRIDGES 10K

**VENUE** Sait Ayre Sports Centre, Doris Henderson Way, Lancaster, 11am **CONTACT** Steve Perry; 07762 795 605; steveperry10park@tiscali.co.uk; www.lancasterathletics.co.uk **COST** £10/£12 **C/D** 4/4 **E/D** YES, +£2

•ROAD •RURAL •FLAT

#### FLEETWOOD 10K

**VENUE** Marine Hall Gardens, The Esplanade, Fleetwood, 10am **CONTACT** Lewis McAndrew; admin@fyldecoastrunning.org; www.fyldecoastrunning.org **COST** £12/£14 **C/D** 7/1 **E/D** YES, +£5

## LINCOLNSHIRE

•ROAD •RURAL •FLAT

#### FRISKNEY HALF MARATHON

**VENUE** Village Hall, Friskney, Boston, 11am **CONTACT** Peter Arnott; 01754 820 455; 07711 156 079; Peter@parnott.force9.co.uk; bostonanddistrictac.com **COST** - **E/D** NO

## LONDON

•TRAIL •RURAL •FLAT

#### UFD HACKNEY HALF MARATHON SERIES - RACE 1

**VENUE** North Marshes, Homerton Road, Hackney, 11am **CONTACT** Bob Betton; 07886 884 573; info@ufdance.co.uk; www.ufdance.co.uk **COST** £20 **E/D** YES, +£5

•TRAIL

#### INNOVATION SPORTS VIVOBAREFOOT 10K RACE SERIES RACE 2015 (+)

**VENUE** Bandsland, Clapham Common, Clapham, 10am **CONTACT** Running Team; 0845 257 1160; running@innovationsports.co.uk; www.innovationsports.co.uk/enter-a-race.html **COST** £17.75 **C/D** 6/4 **E/D** NO

•ROAD •URBAN •RURAL •FLAT

#### PUTNEY & FULHAM RIVERSIDE HALF MARATHON

**VENUE** Barn Elms Sports Centre, Queen Elizabeth Walk, London, 9am **CONTACT** Race Secretary admin@energizedsports.com; www.energizedsports.com **COST** £19/£21 **E/D** YES, £30

## OXFORDSHIRE

•TRAIL •RURAL •FLAT

#### ROKE AND WARBOURGH FUN RUN

**VENUE** The Green, Warborough, 11am **CONTACT** www.runnersworld.co.uk/events/viewevent.asp?sp=6v=26EN=88227&ms= **COST** TBC

## SCOTLAND

•ROAD •RURAL •HILLY

#### ANGUS HAM HALF MARATHON 2015

**VENUE** Monikie Country Park, Dundee, 10:30am **CONTACT** Nicholas Kydd; 08452 020 143; enquiries@eventfull.biz; www.eventfull.biz **COST** £13.10 **E/D** NO

•ROAD •FLAT

#### RESOLUTION RUN 10K - ABERDEEN (+)

**VENUE** Beach Boulevard, Aberdeen, 10:30am **CONTACT** Sophia Rapley; 0131 555 7251; scotlandfundraising@stroke.org.uk; www.stroke.org.uk/resolution **COST** £12.50 **E/D** YES, +£2.50

•ROAD •RURAL

#### THE GLENLIVET 10K

**VENUE** Glenlivet Distillery, Glenlivet, Ballindalloch, 11am **CONTACT** Paul Corrigan; 0300 1212 777; paul.corrigan@chss.org.uk; www.theglenlivet10k.com **COST** £21 **C/D** 5/4 **E/D** NO



**VENUE** Sheffield, 9:30am **CONTACT** info@runforall.co.uk; www.runforall.co.uk **COST** - E/D NO

#### •TRAIL •RURAL

#### WAINSTONES TRAIL MARATHON (+)

**VENUE** Chop Gate Village Hall, Chop Gate, 9am **CONTACT** Jonathan Steele; 01937830677; 07909797872; info@hardmoors10.org.uk; www.hardmoors10.org.uk **COST** £30 E/D YES

#### TUESDAY APRIL 14

#### DEVON

#### •ROAD •FLAT

#### RD1 - RUN EXE SUMMER 5K SERIES

**VENUE** Exwick Playing Fields, Exeter, 7pm **CONTACT** City Runs; mail@city-runs.co.uk; www.city-runs.co.uk **COST** £8/E10 E/D YES

#### THURSDAY APRIL 16

#### STAFFORDSHIRE

#### •TRAIL •RURAL

#### SPRING TREBLE: 1 HANCHURCH HILLY

**VENUE** Hanchurch Woods, Drayton Road, Newcastle, 7pm **CONTACT** Tom Johnson; races@stonemm.co.uk; www.stonemm.co.uk/our-races **COST** £8/E10 E/D YES, +£2

#### FRIDAY APRIL 17

#### BERKSHIRE

#### •ROAD •RURAL •FLAT

#### HOT CHOCOLATE 5K, 10K, 15KM & 20KM - DORNEY LAKE, WINDSOR EVENT 4 (+)

**VENUE** Eton College Rowing Centre (2012 Olympic Rowing Venue), Dorney Lake, Windsor, 12:15pm **CONTACT** Martyn Edwards; 07909 915 444; enquiries@f3events.co.uk; www.f3events.co.uk **COST** - E/D NO

#### SATURDAY APRIL 18

#### AVON

#### •ROAD

#### GLOW IN THE PARK BATH

**VENUE** Royal Victoria Park, Bath, 7pm **CONTACT** Ben Mason; 07540 902 612; 07855 500 149; bookings@votwo.co.uk; www.glowinthepark.co.uk/ **COST** £20 C/D 12/4 E/D YES

#### CHESHIRE

#### •ROAD •RURAL •FLAT

#### CHESHIRE 10K

**VENUE** Arley Hall, Antrobus, Warrington, 9:30am **CONTACT** info@cheshire10k.com; cheshire10k.com **COST** £14/E16 C/D 1/4 E/D NO

#### DEVON

#### •TRAIL •RURAL

#### HALDON HEARTBEAT TRAIL RACE (+)

**VENUE** Exeter Racecourse, Exeter, 11am **CONTACT** Ian Lynch; race@haldonheartbeat.org.uk; www.haldonheartbeat.org.uk **COST** £11/E13 C/D 10/4 E/D YES, +£2

#### KENT

#### •TRAIL •RURAL

#### DIRTY DOZEN LONDON SOUTH - KENT (+)

**VENUE** The Hop Farm Family Park, Maidstone Road, Paddock Wood, 10am **CONTACT** Info Info; info@dirtydozenraces.com; www.dirtydozenraces.com/london-south-2015/ **COST** £50 E/D NO

#### SUSSEX

#### •ROAD •URBAN •FLAT

#### CRAWLEY A.I.M. CHARITY 6 & 12 HOUR TRACK RACE (+)

**VENUE** K2 Leisure Centre, Pease Pottage Hill, Crawley, 8pm **CONTACT** Pam Storey; 01342 717 222; 07939 052 748; pamstorey@tiscali.co.uk; crawley6and12hourraces.com **COST** £30/E32 C/D 31/3 E/D NO

#### •ROAD •URBAN •FLAT

#### CRAWLEY A.I.M. CHARITY 6 & 12 HOUR TRACK RACE (+)

**VENUE** K2 Leisure Centre, Pease Pottage Hill, Crawley, 7am **CONTACT** Pam Storey; 01342 717 222; 07939 052 748; pamstorey@tiscali.co.uk; crawley6and12hourraces.com **COST** £30/E32 C/D 31/3 E/D NO

#### •TRAIL •RURAL

#### MAVERICK ORIGINAL SUSSEX 24KM (+)

**VENUE** Cowdray Park, Easebourne, Midhurst, 10am **CONTACT** Ben MacWilliam; 07792 516 035; ben@maverick-race.com; www.maverick-race.com **COST** £30 E/D YES, +£3

#### WALES

#### •TRAIL •RURAL

#### MAWDDACH GOLDRUSH (+)

**VENUE** Coed y Brenin Forest Park, Ganllwyd, Dolgellau, 1pm **CONTACT** Derek Hawes; 01341 423 459; 07503 215 574; dervic@tiscali.co.uk; www.mawddachgoldrush.com **COST** £18.75 E/D YES, +£12.5

#### SUNDAY APRIL 19

#### AVON

#### •ROAD •RURAL

#### HORTON BULL RUN

**VENUE** Horton Village Hall, Horton Hill, Horton, 10:30am **CONTACT** Barbera Denton; 01454 319 889; 07501 808 468; barbera.denton@btinternet.com; www.hortonbullrun.co.uk **COST** £6.50 C/D 14/4 E/D YES, +£1

#### BEDFORDSHIRE

#### •ROAD •URBAN •RURAL

#### FLITWICK 10K (+)

**VENUE** Millennium Green, Dunstable Road, Flitwick, 10:30am **CONTACT** Ann De Winter; 07855 213 702; RaceDirector@Flitwick10K.org.uk; www.Flitwick10K.org.uk **COST** £12/E14 C/D 13/4 E/D YES, £15

#### BERKSHIRE

#### •TRAIL •URBAN •RURAL

#### INCURRO - URBAN X (+)

**VENUE** Laurel Park Recreation Ground, Marefield, Earley, 10:30am **CONTACT** John Thompson; john@nicnjont.com; www.runeareley.co.uk **COST** TBC

#### •TRAIL •URBAN •RURAL

#### RUN TO READ (+)

**VENUE** Brigidge School Windsor, Kings Road, Windsor, 2am **CONTACT** Helen Miller; 0753 863 779; 07977 068 865; hmiller3x@gmail.com; www.runtoread.co.uk **COST** £15 C/D 12/4 E/D YES

#### BUCKINGHAMSHIRE

#### •TRAIL •RURAL

#### DANESFIELD DASH 10K (+)

**VENUE** SAS - Wittington House, Henley Road, Marlow, 10am **CONTACT** Danesfield PTA; danesfieldschoolpta@hotmail.co.uk; www.purplepatchrunning.com **COST** £12/E14 C/D 12/4 E/D YES, +£2

#### CHANNEL ISLANDS

#### •ROAD •RURAL

#### JERSEY EASTER MARATHON (+)

**VENUE** Les Quennevais Sport Centre, Jersey, 1pm **CONTACT** digby ellis-breknell; 07797 768 480; hareandtortoisevents@jerseymail.co.uk; www.hareandtortoisevents.co.uk **COST** £40 E/D YES, +£10

#### CHESHIRE

#### •ROAD •RURAL

#### WHITLEY 10K (+)

**VENUE** Whitley Village Hall, Village Lane, Whitley, Warrington, 11am **CONTACT** Clifford Straw; whitleyvillhall@btinternet.com; 10k.whitleyvillage.org.uk **COST** £13/E15 C/D 16/4 E/D YES, +£2

#### CUMBRIA

#### •TRAIL •RURAL

#### THE 13TH GREAT GRIZEDALE TRAIL RACE

**VENUE** Grizedale Forest, Hawkshead, Noon **CONTACT** Tony Walker; info@grizedale10.co.uk; www.grizedale10.co.uk **COST** £12/E14 C/D 13/4 E/D YES, +£2

#### DERBYSHIRE

#### •ROAD •URBAN

#### DERBY 10K (+)

**VENUE** iPRO Stadium, Pride Parkway, Derby, 8:50am **CONTACT** Sporting Futures; 01773 841 372; 07805 126 785; events@sporting-futures.org.uk; www.sfevents.org.uk **COST** £18/E20 C/D 2/3 E/D NO

#### DEVON

#### •TRAIL •RURAL •HILLY

#### HONITON HIPPO (+)

**VENUE** Honiton Primary School, Clapper Lane, Honiton, 10:30am **CONTACT** Nick Thorpe; 01392 886 295; 01404 841 636; 07742 920 627; nickt53@btinternet.com; www.honitonrc.com **COST** £10/E12 C/D 12/4 E/D YES, +£2

#### •ROAD •URBAN •RURAL

#### PLYMOUTH'S HALF MARATHON

**VENUE** Plymouth, 9am **CONTACT** Info Go2Events; 08454 812 148; info@go2events.org.uk; www.plymouthhalfmarathon.com/ **COST** - E/D NO

#### GREATER MANCHESTER

#### •ROAD •URBAN •FLAT

#### ASICS GREATER MANCHESTER MARATHON

**VENUE** Old Trafford, 9am **CONTACT** Xtra Mile Events; 01619 286 795; info@xtramileevents.com; www.greatermanchestermarathon.com **COST** £43/E45 E/D NO

#### HAMPSHIRE

#### •TRAIL •RURAL

#### HOUGHTON 11K TRAIL RUN (+)

**VENUE** Village Hall, Houghton, Stockbridge, 10:15am **CONTACT** Fiona Evans; 01794 389 237; houghton.trail@gmail.com; www.houghton-trail-event.org.uk **COST** £10 C/D 10/4 E/D YES

#### HEREFORDSHIRE

#### •TRAIL •RURAL •HILLY

#### SHOBDON WOOD

**VENUE** Shobdon Wood Research Station, Uphampton, Shobdon, 11am **CONTACT** Guy Whitmarsh; 01584 831 284; 07979 740 368; guyandjudy@hotmail.co.uk; www.croftambreyrunningclub.co.uk **COST** £8/E10 C/D 14/4 E/D YES, +£2

#### KENT

#### •TRAIL •RURAL

#### DARENT VALLEY 10K

**VENUE** The Anthony Roper School, High Street, Eynsford, 8:30am **CONTACT** Swanley and District Athletic Club; mkishhazy@btinternet.com; www.swanleyanddistrictac.org **COST** £13/E15 C/D 6/4 E/D YES, +£2

#### •TRAIL •RURAL

#### THE PODPLUS ASHFORD & DISTRICT MARATHON (+)

**VENUE** Sandycres, Sandhurst Lane, Ashford, 9am **CONTACT** Martin Burke; 01797 230009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £28/E30 C/D 15/4 E/D YES, £35

#### LANCASHIRE

#### •ROAD •RURAL •FLAT

#### VALIANTS HALF MARATHON (+)

**VENUE** Valiants Equestrian Centre, Lancaster Rd. Out Rawcliffe, Preston, 10:30am **CONTACT** alan taylor; 07850 684 162; alan.taylor7@tesco.net **COST** £15/E17 C/D 5/4 E/D NO

#### LINCOLNSHIRE

#### •TRAIL

#### BOURNE ROTARY RUN IN THE WOOD 10K (+)

**VENUE** Bourne Woods, Bourne, 10:15am **CONTACT** Tony Anders; 07860 377 748; 01778 570 328; bourne.fun.run@yahoo.co.uk; www.bournefunrun.btck.co.uk **COST** TBC

#### •TRAIL •RURAL •HILLY

#### GRANTHAM CUP 10K TRAIL RACE

**VENUE** Belton House, Grantham, 11:30am **CONTACT** Race Director; event@granthamrunningclub.co.uk; www.granthamrunningclub.co.uk/GranthamCup.php **COST** £10/E12 C/D 10/4 E/D NO

#### LONDON

#### •ROAD •FLAT

#### CLISSOLD PARK RELAY

**VENUE** Clissold Park, Green Lanes, Hackney, 10am **CONTACT** Craig Thornton; 07740 554 190; info@theraceorganiser.com; www.theraceorganiser.com **COST** £28 E/D YES

#### •TRAIL •URBAN •RURAL •FLAT

#### FULLER'S THAMES TOWPATH 10 MILES

**VENUE** Hartington Road Playing Fields, Chiswick, London, 9am **CONTACT** Rich Berry; www.west4harriers.com/ TowpathTen **COST** £16/E18 E/D NO

#### •ROAD

#### LONDON HYDE PARK 10K

**VENUE** London, London, 9:15am **CONTACT** Race secretary admin@energizedsports.com; www.energizedsports.com **COST** £19/E21 C/D 12/12 E/D YES, £30

#### NORTHUMBERLAND

#### •TRAIL •RURAL

#### NEWCASTLE 'CONQUER THE FOREST' CHALLENGE

**VENUE** Otterburn MOD Army site, Redesdale Forest, Otterburn, Newcastle Upon Tyne, 10:40am **CONTACT** Brian Lee; 07803 406 070; info@noegochallenge.com; www.noegochallenge.com **COST** £22 E/D NO

#### NOTTINGHAMSHIRE

#### •ROAD •RURAL •FLAT

#### STURTON STRIDE 2015

**VENUE** Sturton Le Steeple C of E Primary School, Church Street, Retford, 10:30am **CONTACT** Mark Elliott; 01427 880 342; sturtonstride@yahoo.co.uk; www.sturtonstride.co.uk or www.sturton.notts.sch.uk **COST** £8 C/D 20/5 E/D NO

#### SOMERSET

#### •TRAIL •URBAN •RURAL •FLAT

#### BRIDGWATER BOLT 10K

**VENUE** Trinity Sports & Leisure, Chilton Street, Bridgwater, 10am **CONTACT** Emma Warr; 01823 41021; ewarr@1610.org.uk; www.1610.org.uk/events/bridgwater-bolt-10k **COST** £12/E14 E/D YES, +£2

#### •ROAD •RURAL •HILLY

#### PEN SELWOOD 10K (+)

**VENUE** Pen Selwood Village Hall, Pen Selwood, Wincanton, 11am **CONTACT** Inês Braun; 07935 816 396; gillinghamtrotters@hotmail.com; www.gillinghamtrotters.talktalk.net **COST** £8/E10 C/D 11/4 E/D YES, +£2

#### STAFFORDSHIRE

#### •ROAD •RURAL •FLAT

#### VIOLETS IN BLOOM 5K

**VENUE** Alrewas, Lichfield, 10:30am **CONTACT** Paul Griffin; 7947 698 147; griffill@aol.com; kpevents.net **COST** £10 C/D 9/4 E/D YES

#### SUFFOLK

#### •TRAIL •URBAN •RURAL

#### BUNGAY BLACK DOG MARATHON (+)

**VENUE** The Maltings Pavilion, Pirnow Street, Ditchingham, 9am **CONTACT** Bob Paul; 01986 895 042; 07718 052 379; bob.paul@btinternet.com; bungayblackdogrunningclub.co.uk **COST** £25/E27 E/D NO

#### •TRAIL •RURAL

#### THE ICKWORTH 10K HOOHAH

**VENUE** The Rotunda, Horringer, Bury St Edmunds, 10am **CONTACT** Hannah Hodgson; info@hoohaah.co.uk; www.hoohaah.co.uk **COST** £18 E/D NO

## Where's the action?

April's 166 events broken down by region

Scotland / 6

North / 38

Midlands / 30

East / 12

South / 57

Southwest / 17

Wales / 6





## SUSSEX

### •TRAIL GLOW IN THE PARK PIPPINGFORD

VENUE Pippingford Park, Nr Nutley, East Grinstead, 8pm **CONTACT** Benedict Mason; 07792 362 403; info@glowinthepark.co.uk; www.glowinthepark.co.uk **COST** £20 **C/D** 20/4 **E/D** YES

## WALES

### •ROAD •RURAL

**ABERGAVENNY 10K**   
VENUE Old Pandly Inn, Hereford Road, Pandly, Abergavenny, 9am **CONTACT** Steve Poolton; strideoutevents@hotmail.com; www.strideoutevents.co.uk **COST** £11.50 **C/D** 13/4 **E/D** NO

## WORCESTERSHIRE

### •TRAIL •RURAL

#### MALVERNS Q2 - THE QUEST CHALLENGE

VENUE Three Counties Showground, Malvern, 10am **CONTACT** Daniel Carrivick; 01380 831 388; info@questgo.com; www.questars.co.uk **COST** TBC **E/D** NO

### SUNDAY APRIL 26

## AVON

### •ROAD •RURAL

**PENSFORD 10K (+)**   
VENUE Pensford Memorial Hall, Pensford, Bristol, 1pm **CONTACT** Simon Curtis; 01761 490 352; info@pensford10k.com; www.pensford10k.com **COST** £12/£14 **E/D** YES, +£2

## BUCKINGHAMSHIRE

### •TRAIL •RURAL •HILLY

#### RIDGE OFF-ROADER (+)

VENUE Bledlow Ridge School, Church Lane, Bledlow Ridge, 10am **CONTACT** Rob Hayes; 07768 470 600; ror@thepheasantclips.co.uk; www.ridgeoffroader.co.uk **COST** £12/£14 **C/D** 19/4 **E/D** YES, £16

## DORSET

### •TRAIL •RURAL

#### FERNDOWN ROTARY CHARITY RUN (+)

VENUE Avon Heath Country Park, St. Ives, Ringwood, 11am **CONTACT** Chris Marshall; 01202 890 565; jcwm1@sky.com; www.ferndownrotary.co.uk **COST** £9 **C/D** 22/4 **E/D** YES, +£1

## GLoucestershire

### •TRAIL •RURAL •HILLY

#### OFFAS ORROR 20K

VENUE McKenzie Hall, Brockweir, 11am **CONTACT** Stuart Penny; 01600 750 512; 07711 447 231; lindapenny@btinternet.com; www.chestpsthwarriers.org.uk **COST** £12 **C/D** 16/4 **E/D** YES, +£2

## GREATER MANCHESTER

### •ROAD •URBAN •RURAL

#### BOLTON 10K (+)

VENUE Leverhulme Park, Long Lane, Bolton, 10am **CONTACT** Race Committee; www.bolton10k.org.uk **COST** £10/£12 **C/D** 20/4 **E/D** NO

## HAMPSHIRE

### •ROAD •URBAN

#### ABP SOUTHAMPTON HALF MARATHON (+)

VENUE Hoglands Park, Southampton, 10am **CONTACT** Helen Goosey; 02380 254 721; run@marafunuk.com; www.abpsouthamptonhalf.co.uk **COST** £28.99/£30.99 **C/D** 1/4 **E/D** NO

### •TRAIL •RURAL •FLAT

#### BLACKWOOD 10K (+)

VENUE Blackwood, Larkwhistle Farm Road, Winchester, 10am **CONTACT** Helena Holden; helenabevan@hotmail.com **COST** TBC **C/D** 19/4 **E/D** YES, £5 unaffiliated

### •ROAD •RURAL

#### FORDINGBRIDGE FIRE STATION 10K

VENUE Fordingbridge Fire Station, Fordingbridge, 11am **CONTACT** Pete White; pete.white@hantsfire.gov.uk; www.fordingbridgefirestation.com **COST** £9/£9.50 **C/D** 20/4 **E/D** YES, £10

## LANCASHIRE

### •ROAD •URBAN •FLAT

#### BALCKPOOL MARATHON (+)

VENUE Hilton Hotel, North Promenade, Blackpool, 10am **CONTACT** Lewis McAndrew; admin@fyldecoastrunning.org; www.fyldecoastrunning.org **COST** £28/£30 **C/D** 14/11 **E/D** YES, +£10

## LEICESTERSHIRE

### •TRAIL

#### COLOUR BLAST DASH LEICESTER 2015 (+)

VENUE Victoria Park, Leicester, 9am **CONTACT** Penelope Mitchell; 0116 2544341; 07793 405 712; Penny@thelauracentre.org.uk; www.colourblastdash.org **COST** £18 **C/D** 25/4 **E/D** YES

## LONDON

### •ROAD •URBAN •FLAT

#### VIRGIN MONEY LONDON MARATHON (+)

VENUE London, 10am **CONTACT** The London Marathon Ltd; 020 7902 0200; helpdesk@london-marathon.co.uk; www.virginmoneylondonmarathon.com **COST** £31/£35 **E/D** NO

## SCOTLAND

### •ROAD •RURAL

#### MULBERRY BUSH MONTESSORI BALFRON 10K

VENUE Balfron Campus, Balfron, 11am **CONTACT** Colin Mendham; 01360 440 175; info@balfron10k.org.uk; www.balfron10k.org.uk **COST** £14/£16 **C/D** 20/4 **E/D** NO

## WARWICKSHIRE

#### ROTARY SHAKESPEARE HALF MARATHON

VENUE Stratford-upon-avon, 9am **CONTACT** Event Administrator; info@shakespearemarathon.org.uk; www.shakespearemarathon.org.uk **COST** £26/£28 **E/D** NO

### •ROAD •URBAN •RURAL

#### ROTARY SHAKESPEARE MARATHON 2015

VENUE Stratford-upon-Avon, 9am **CONTACT** Event Administrator; 01782 388 891; info@shakespearemarathon.org.uk; www.shakespearemarathon.org.uk **COST** £33/£35 **E/D** NO

## WILTSHIRE

### •TRAIL •RURAL

#### FOOTHILL PARK CRICKET CLUB 10K

VENUE Foothill Park Cricket Club, Fonthill Bishop, Tisbury, 10:30am **CONTACT** Tobin Gordon; 07958 987 604; tobindgordon@gmail.com; www.facebook.com/FPC10K **COST** £12 **C/D** 20/4 **E/D** YES

## WORCESTERSHIRE

### •TRAIL •RURAL •HILLY

#### THE EVESHAM ULTRA 2015

VENUE Evesham Town Hall, Market Place, Evesham, 8:15am **CONTACT** Kurt Dusterhoff; info@cotswoldrunning.co.uk; www.cotswoldrunning.co.uk **COST** £40/£42 **C/D** 15/4 **E/D** NO

### WEDNESDAY APRIL 29

## HAMPSHIRE

### •ROAD •RURAL •FLAT

#### LAKESIDE 5K

VENUE Hilsae Lido, London Road, Hilsae, 7:15pm **CONTACT** Peter Newton; 01489 781438; 447748 115 406; lakeside5k@athleticvents.co.uk; www.porstmouthathletic.co.uk **COST** £5.50/£7.50 **E/D** YES, +£1.50

### THURSDAY APRIL 30

## CHESHIRE

#### MID CHESHIRE 5K

VENUE Kingsley Cricket Club, Mill Lane, Kingsley, **CONTACT** Michael Harrington; 0744 350 0475; www.cutefruitvents.com **COST** -

### •ROAD •RURAL •FLAT

#### MID CHESHIRE 5K

VENUE Kingsley Cricket Club, Mill Lane, Kingsley, 7:15pm **CONTACT** Michael Harrington; 01606 619 218; 07443 500 475; www.cutefruitvents.com **COST** £8/£10 **E/D** YES, +£2

## STAFFORDSHIRE

### •TRAIL •RURAL

#### SPRING TREBLE 3: BARLSTON UPS AND DOWNS

VENUE Oulton Cricket Club, Oulton, Stone, 7pm **CONTACT** Thomas Johnson; races@stonemc.co.uk; www.stonemc.co.uk/our-races **COST** £8/£10 **E/D** YES, +£2

### SATURDAY MAY 2

## DERBYSHIRE

### •TRAIL •RURAL •HILLY

#### CHUNAL FELL RACE (RACE 1)

VENUE The Grouse Inn, Chunal, Glossop, 11am **CONTACT** Des Gibbons; 07514614804; desgibbons@live.co.uk **COST** £5 **C/D** 22/4 **E/D** YES

### •ROAD •FLAT

#### NO WALK IN THE PARK 5K (+)

VENUE Queen's Park, Cricket Pavilion, Chesterfield, 9:30am **CONTACT** John Cannon; 07902 249 316; 01246 566 458; j.cannon846@btinternet.com; northderbyshirec.jimdo.com/ **COST** £3/£5 **E/D** ONLY

## HAMPSHIRE

### •TRAIL •RURAL •HILLY

#### HURSTBOURNE 5M (+)

VENUE George V Playing Fields, Church Street, Hurstbourne Tarrant, 11am **CONTACT** Race Organiser; hurstbourne5@yahoo.com; www.hbt.org.uk/Hbt5Race.htm **COST** £10/£12 **C/D** 14/4 **E/D** YES, +£2

### •TRAIL •RURAL

#### THE "PONY EXPRESS" NEW FOREST

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VENUE Brokenhurst College, Brokenhurst, Lyndhurst, 9am **CONTACT** Neil Thubron; 07801 244 628; info@xnrg.co.uk; www.xnrg.co.uk/events/details/pony-express-2015.aspx **COST** £125 **C/D** 1/5 **E/D** YES

## HERTFORDSHIRE

### •TRAIL

#### FIRST SATURDAY OF THE MONTH 5K

VENUE Letchworth Common, Norton Way North, Letchworth Garden City, 9am **CONTACT** richard harbon; 07717 201 139; richard.harbon@herts.pnn.police.uk; www.NHR.org **COST** £2 **E/D** ONLY

## LONDON

### •TRAIL •FLAT

#### MILES FOR MISSING PEOPLE 2015 (+)

VENUE The Bandstand, Clapham Common, London, 11am **CONTACT** Daniel Magson; 02083 924 517; daniel.magson@missingpeople.org.uk; www.missingpeople.org.uk/miles2015 **COST** £20 **C/D** 21/4 **E/D** YES

### •ROAD •FLAT

#### PECKHAM 10K

VENUE Peckham Rye Park, Strakers Road, Peckham, 10:30am **CONTACT** Mark Caswell; 07977 831 519; mark.caswell@btinternet.com; www.mccpromotions.com **COST** £13 **E/D** YES

## SUSSEX

### •TRAIL •URBAN •RURAL

#### MID SUSSEX MARATHON WEEKEND (+)

VENUE East Grinstead, Haywards Heath, Burgess Hill,

10:30am **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £34/£40 **C/D** 25/4 **E/D** YES

## WALES

### •TRAIL •RURAL

#### ENDURANCELIFE CTS PEMROKESHIRE (+)

VENUE Little Haven, Haverfordwest, 7am **CONTACT** James Barker; 01548 312 314; support@endurancelife.com; www.endurancelife.com/event-new.asp?series=82 **COST** £30 **E/D** NO

### •TRAIL •RURAL •HILLY

#### RED KITE CHALLENGE HALF-MARATHON

**CHALLENGE (+)**   
VENUE Woodlands Caravan Site, Ponterwyd, Aberystwyth, 1pm **CONTACT** 07773 435 073; rhedwr@gmail.com; www.redkite-barcudcoch.org.uk/ **COST** £20/£24 **E/D** YES

### •TRAIL •RURAL •HILLY

#### THE SFIO

VENUE Top Car Park, Moel Famau, Ruthin, 8am **CONTACT** Jason Birch; info@thesfexperience.co.uk; www.thesfexperience.co.uk **COST** £28 **E/D** NO

## WORCESTERSHIRE

### •TRAIL •RURAL

#### MALVERN HILLS ULTRA (+)

VENUE Top Barn Activity Centre, Holt Heath, Worcester, 7am **CONTACT** Steven Worrall; 01299 250 834; 07860 418 040; info@ultrarunningtd.co.uk; www.ultrarunningtd.co.uk/malvern-hills-ultra.html **COST** £105 **C/D** 20/4 **E/D** NO

### SUNDAY MAY 3

## CORNWALL

### •ROAD •URBAN •RURAL

#### SALTASH HALF MARATHON 2015 (+)

VENUE Saltash Warfelton Football Fields, Warfelton Road, Saltash, 10am **CONTACT** Stephen Smith; 07900 405 500; stephsmith2202@gmail.com; www.tamartrotters.co.uk **COST** £12/£14 **C/D** 30/4 **E/D** YES, +£2

## DERBYSHIRE

### •ROAD •RURAL

#### MOORFIELD 5K (+)

VENUE Beehive Inn, Hague Street, Glossop, 11am **CONTACT** Des Gibbons; 07514 614 804; desgibbons@live.co.uk **COST** £5/£7 **C/D** 20/4 **E/D** YES, +£1

## DORSET

### •ROAD •RURAL

#### NORTH DORSET VILLAGE MARATHON (+)

VENUE Sturminster Newton School, Bath Road, Sturminster Newton, 8:30am **CONTACT** Secretary GillinghamTrotters; 01935 816 396; GillinghamTrotters@hotmail.com; www.ndvm.co.uk **COST** £28/£30 **C/D** 25/4 **E/D** NO

## HERTFORDSHIRE

### •TRAIL •URBAN •RURAL

#### GREENWAY CHALLENGE

VENUE Standalone Farm, Wilbury Road, Letchworth, 10am **CONTACT** Lindsay Cook; races@nhrr.org.uk; www.greenwaychallenge.org.uk **COST** £14/£16 **C/D** 1/5 **E/D** NO

### •TRAIL •RURAL

#### THE GADDESSEN GALLOP (+)

VENUE Little Gaddesden Playing Fields, Little Gaddesden, Berkhamstead, 10:30am **CONTACT** Nicky Bennett-Baggs; 01442 842 227; nicky@bennett-baggs.com **COST** £15 **C/D** 24/4 **E/D** YES, +£5

## LANCASHIRE

### •TRAIL •RURAL

#### YARROW RIVER BLUEBELL TRAIL RUN (+)

VENUE Flaming Grill Pub, Yarrow Bridge, Bolton Road, Chorley, 10am **CONTACT** Stewart Jones; 07581 733 604; madbullevents@outlook.com; www.madbullevents.com **COST** £12 **C/D** 27/4 **E/D** YES, +£3

## LINCOLNSHIRE

### •ROAD •URBAN •RURAL •FLAT

#### NORTH LINCOLNSHIRE HALF MARATHON

VENUE Scunthorpe United FC, Glanford Park, Scunthorpe, 9am **CONTACT** Nicola Clifford; 07919 603 800; info@tape2tape.co.uk; www.northlincs.half.co.uk **COST** £25/£27 **E/D** NO

## LONDON

### •ROAD

#### REGENTS PARK RACES SUMMER 10K 6 RACE GRAND PRIX SERIES

VENUE The Hub, Regent's Park, London, 9:30am **CONTACT** Maurice Raynor; 07713 327 690; mauriceraynor@mail.com; regentsparkraces.org **COST** £75/£85 **C/D** 1/4 **E/D** YES, £15/£17

## MERSEYSIDE

### •ROAD •FLAT

#### LIVERPOOL SPRING 10K

VENUE Sefton Park, Liverpool, 10:30am **CONTACT** Matthew Davies; 07507 630 946; matthew@merseyraces.co.uk; www.merseyraces.co.uk **COST** £18/£20 **E/D** NO

## NORTHAMPTONSHIRE

### •ROAD •URBAN •RURAL

#### WINGS FOR LIFE WORLD RUN 2015

VENUE Silverstone Circuit, Towcester, Noon **CONTACT** Rebecca Holt; www.wingsforlifeworldrun.com/gb/en/silverstone/ **COST** £40 **C/D** 1/4 **E/D** YES

## SCOTLAND

### •TRAIL •RURAL

#### OBSTACLE ADVENTURE RACE (+)

VENUE Chatelherault Country Park, Ferniegair, Hamilton,

11am **CONTACT** Iain Boal; 07919 103 037; iain@trailtroopers.co.uk; www.trailtroopers.co.uk **COST** TBC

## SHROPSHIRE

### •TRAIL •RURAL

#### SHERIFFHALES SHUFFLE (+)

VENUE Sheriffhales Village Hall, Sheriffhales, 11am **CONTACT** Sheriffhales Shuffle Four-Midables Series; www.newportrunningclub.org.uk **COST** £9/£11 **E/D** YES, +£1

## STAFFORDSHIRE

### •ROAD •URBAN •RURAL

#### LICHFIELD HALF MARATHON (+)

VENUE King Edwards Leisure Centre, Kings Hill, Lichfield, 10:30am **CONTACT** paul griffin; 07947 698 147; griffin@aol.com; kpevents.net **COST** £23/£25 **C/D** 25/4 **E/D</**



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Keen to go long this year? Tackle The Wall,  
the UK's most runner-friendly ultra

**H**aunting, beguiling, rugged, serene: the north of England's sweeping landscape, graced with its ancient and mighty fortifications, has captured runners' hearts and soles for centuries. And today it's home to The Wall, the UK's 'most doable' ultra event.

When the Emperor Hadrian (or 'a man named Adrian', as The Wall's commentator calls him) came to England in AD122 he ordered that a great defensive wall was to be built. Little did he know that nearly 2,000 years later the engineering marvel that bears his name would inspire a world-class ultra run.

While rolling hills and off-road sections will test your agility, The Wall is designed primarily as a dip into ultra distance. Covering 69 miles of magnificent scenery, the route is crafted to form the path of least resistance across gradient and terrain. And the stats show how runner-friendly it is – in its three-year history, over 95 per cent of the 1,000-strong annual field has finished.

If you've run a half or two, stepped up to the full 26.2 and then found yourself asking, 'What's next?', then The Wall is whispering your name. On June 20, come and be part of the next 2,000 years of history.  
[raturacethewall.com](http://raturacethewall.com)

## THE TRAINING

**How do you train for an ultra?**  
**Simple: you run. Build up the miles, get some confidence, then use your head. Mental strength, coupled with the confidence that you can do it, will get you to the end. The official training plan will help, too:**  
[raturacethewall.com/training](http://raturacethewall.com/training)

## THE GEAR

Ultra running need not be ultra-expensive. Armed with a waterproof, a comfortable pair of trainers to tackle the terrain (which you can change at the halfway point if you choose to send a bag to Pit Stop 2) plus the running kit you know and trust, and you'll be ultra-ready. For more kit inspiration, check out  
[raturace.com](http://raturace.com)

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**PIT STOP 1 - LANERCOST** 13 miles in and it's time to refuel at serene Lanercost Priory before your first glimpse of Hadrian's Wall itself. Then you'll run alongside surviving sections of the wall as you tackle on- and off-road sections on one of the most scenic parts of the route.

**PIT STOP 2 - VINDOLANDA** Your bag awaits here – fresh clothes, spare trainers and snacks. Gear up for the second half, which leaves the trail behind and is made up of sealed running surfaces.

**PIT STOP 3 - HEXHAM** You've covered 50-odd miles by now and it's probably dark outside. At Pit Stop 3 you'll be offered hot drinks and home-made cakes to keep you going.

**PIT STOP 4 - TYNE RIVERSIDE** It appears like a mirage with eight miles to go. The famous bridges aren't in view yet, but you can see the urban glow of 'the Toon' on the horizon.

**THE FINISH - BALTIC QUAY** A world-famous vista awaits as you come to a dramatic halt amid the bridges of Newcastle Gateshead. The Wall is conquered: hot showers, massages, beer and food await in the indoor village.



## INTERESTED?

You aren't alone. A UTMB qualifier and beginner favourite to boot, this is the UK's most popular ultra, so get in quick for 2015. Sign up in March for £20 off with exclusive *Runner's World* discount code **RWMARCH20**



**RAT RACE**  
**THE WALL**





# Cherie Spriggs and Brad Greatrix

The married winemakers on the secret to good wine and good running: balance

**Brad** I started running when I was around 10, or maybe even younger. My parents were runners and they'd go out a few times a week. I thought I'd have a go – on my own, just running around the block. I've more or less stuck with it ever since.

**Cherie** I started at 17. I liked the freedom of getting away from everything. I can remember the early days – the coughing and the wheezing. But clearly I fell in love with it because I haven't stopped.

**B** To give you an idea of how long ago I started, I used to run carrying a Walkman. If you were bouncing too much the batteries would break contact and it stopped playing. It was so frustrating, so I've never gone back to music.

**B** My brother used to do martial arts training when he was younger and his instructor had this idea for agility training. You run through a forest, but not on a trail – you just pick a direction and you go. If there's a tree in your way, you have to dodge it; if there's a stream in your way, you have to hop over it. I really liked that.

**C** Brad and I run together all the time, and that's the main enjoyment for me. If he's away I don't tend to go out on my own very much. He's faster than I am – I always tell him that he's lazy because he runs with me. But Brad running at my pace is good because he can also push me.



## 'We're inclined towards barefoot running because it seems a more natural way to run'

**B** Lately, we've been doing a Parkrun on Saturdays and sometimes we'll do a little extra before or after it. We find that it sets us up nicely for the weekend.

**C** There's nothing quite like that sound at the start of a race of all the shoes padding on the ground. I smile every single time I hear it. We've done a number of 10Ks and one half marathon. Our work schedule always seems to get in the way of us doing more than one race a year. But I'd love to do more.

**B** We're flexible with our runs. At harvest time we can be doing 18-hour days, seven days a week, so a run might just be around the block, to turn the legs over. We're on our feet a lot and running helps with that.

**C** Everything in a good wine needs to have balance. And one of the things that helps us maintain a balance in our life is running. You make mistakes in winemaking if you try to force things rather than working with what you've got, and I think a lot of runners also get injured when they force things.

**C** We're both inclined towards barefoot running because it seems a more natural way to run. I used to take my shoes off mid-run and hand them to Brad because I was so annoyed with them. So now I run in Vibram FiveFingers. They're as close as I can get without actually being barefoot.

● For more on the English sparkling wine that Cherie and Brad produce, visit [nyetimber.com](http://nyetimber.com) or @Nyetimber

### MY FAVOURITE...



#### Route

**C** We live in Horsham and our runs go

through the park. There'll be people playing football, tennis or just out for a walk – I like the energy you get.



#### Post-run reward

**C** The thing I love is a warm

shower after a cold run. It's the greatest feeling. Other than that, I think running is its own reward.



#### Advice

**B** For people who worry they haven't enough

time, it's fine that your run might last just 15 minutes. Once you've had a few good runs, you'll be hooked.





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